

McCall's

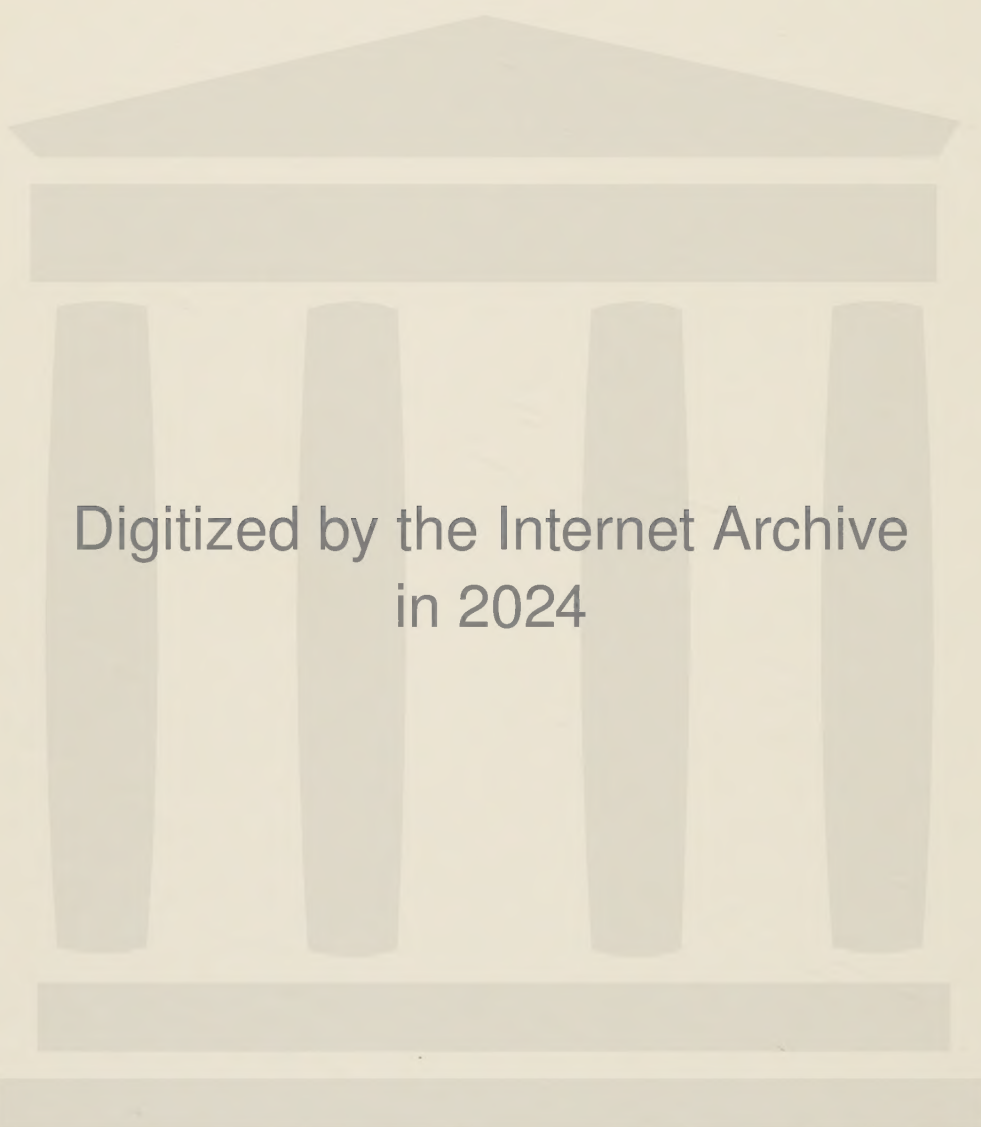
Volume 5

Family-Style

COOKBOOK



SPECIAL DAY BREAKFASTS • DISHES CHILDREN LOVE •
FAMILY MEALS • LUNCHES TO EAT AT HOME AND TO
CARRY • COOKING FOR TWO • LOW-CALORIE MEALS



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McCall's Family-Style COOKBOOK



BY THE FOOD EDITORS OF McCALL'S

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Breakfasts for a Special Day

The word "breakfast" comes from two Anglo-Saxon words, "brecan" and "faesten," meaning to break a fast. When you sit down to breakfast – and a well-balanced breakfast fortifies you for the busy day ahead – you are usually breaking a fast of more than ten hours. Ideally, a good breakfast should provide at least one fourth of the day's calorie and protein intake. Such foods as cereals (with milk), enriched breads with butter or margarine, meat, and eggs meet these requirements. Fruit, too, of course, because it helps to provide the necessary vitamin C. Breakfast should have the same emphasis as the other meals and be organized with the same care. Our menus will show you how . . .

Spiced Prunes*
Sautéed Cornmeal Slices*
Hot Maple Syrup
Grilled Canadian Bacon
Fried Apple Rings
Coffee, Tea, or Milk
SERVES 6

*Recipes given for starred dishes.

SPICED PRUNES

1 lb dried prunes	1/4 teaspoon ground
Boiling water	cinnamon
4 slices lemon	1/8 teaspoon ground
4 slices orange	nutmeg
1/4 cup seedless raisins	

1. Put prunes into a 1-quart jar; cover with boiling water.
 2. Add remaining ingredients; cover.
 3. Refrigerate 1 week.
 4. Serve with cream, if desired.
- MAKES 6 TO 8 SERVINGS

SAUTÉED CORNMEAL SLICES

1 cup yellow cornmeal	1 cup cold water
1 teaspoon salt	3 cups boiling water
1/2 teaspoon ground	1/4 cup all-purpose flour
cinnamon	3 tablespoons butter or
1/4 teaspoon ground	margarine
mace	

1. Mix cornmeal with salt, cinnamon, and mace in small bowl. Stir in 1 cup cold water.

2. Pour mixture into boiling water in medium saucepan, stirring constantly. Cook, over medium heat and still stirring, until mixture thickens.
 3. Reduce heat; simmer, covered, 10 minutes, stirring occasionally.
 4. Pour into an ungreased 9-by-5-by-3-inch loaf pan; cool.
 5. Refrigerate until thoroughly chilled – about 4 hours, or overnight.
 6. To serve, remove from pan. Cut into 12 slices; coat with flour.
 7. In hot butter in large skillet, sauté slices until golden-brown and crisp – about 4 minutes on each side.
 8. Serve with butter and hot maple syrup.
- MAKES 6 SERVINGS

Spiced Canned Pears
Whole Wheat Flakes with Milk
Orange French Toast*
Syrup
Brown-and-Serve Sausages
Coffee, Tea, Milk
SERVES 4

*Recipes given for starred dishes.

ORANGE FRENCH TOAST

8 white-bread slices	
1/2 cup orange	1 teaspoon sugar
marmalade	2 tablespoons butter or
2 eggs, well beaten	margarine
1/4 cup milk	Confectioners' sugar

1. Spread 4 bread slices with marmalade. Top with remaining bread slices.
 2. In shallow dish, combine eggs, milk and sugar until well blended. Dip sandwiches, one at a time, in egg mixture, coating well.
 3. Then fry in hot butter, in small skillet, until golden-brown on both sides.
 4. To serve: Cut each sandwich in half. Sprinkle with confectioners' sugar. Serve hot.
- MAKES 4 SERVINGS

Fresh-Fruit Compote
Scrambled Eggs, Italian Style*

OR

Canned Corned-Beef Hash with Applesauce
Popovers
(from a mix)
Marmalade
Coffee, Tea, or Milk
SERVES 4

*Recipe given for starred dish.

SCRAMBLED EGGS, ITALIAN STYLE
(Pictured on pages 6-7)

8 eggs	2 tablespoons butter or
1/4 teaspoon salt	margarine
Dash pepper	3 tomato slices
3/4 teaspoon dried basil	3 green-pepper rings
leaves	8 crisp-cooked bacon
1/4 cup light cream	slices
3/4 cup grated sharp	
Cheddar cheese	

1. In medium bowl, beat eggs, salt, pepper, basil, and cream. Stir in cheese.
 2. Heat butter in medium skillet over low heat. Pour in egg mixture.
 3. As eggs start to set at bottom, gently lift cooked portion, with spatula, to form flakes, letting uncooked portion flow to bottom of pan. Eggs should be slightly soft and cheese melted.
 4. Turn eggs onto serving platter. Top with tomato slices. Outline tomato slices with pepper rings. Halve bacon strips; arrange over tomatoes.
- MAKES 4 SERVINGS

Breakfast Bowl*
Buttered Toast
Coffee, Tea, or Milk
SERVES 2

*Recipe given for starred dish.

BREAKFAST BOWL

1 1/2 cups cornflakes	1 1/2 teaspoons vanilla
2 tablespoons butter or	extract
margarine, melted	1 cup whole
Cinnamon sugar*	strawberries, sliced; or
1 1/2 cups cold milk	2/3 cup fresh
2 eggs	blueberries

1. Preheat oven to 400F.
2. Spread cornflakes on cookie sheet; drizzle butter over top; sprinkle generously with cinnamon sugar.

3. Bake until crisp – about 7 minutes.
4. Meanwhile, in small bowl, beat milk, eggs, and vanilla.
5. Divide hot cornflakes into 2 cereal bowls; top with strawberries. Serve with egg-milk mixture poured over.

MAKES 2 SERVINGS

*Combine 2 tablespoons sugar with 1/2 teaspoon cinnamon.

Apple Juice
Eggs à la King with Ham*
Orange Biscuits*
with Whipped Butter
Coffee, Tea, or Milk
SERVES 4

*Recipes given for starred dishes.

EGGS À LA KING WITH HAM

1 can (2 lb) fully cooked	1/2 teaspoon salt
ham	Dash pepper
1/4 cup apricot preserves	1 teaspoon
1 teaspoon lemon juice	Worcestershire sauce
	1 can (3 oz) sliced
Eggs à la King	mushrooms, drained
1/4 cup butter or	2 pimientos, cut into thin
margarine	strips
1/4 cup green-pepper	2 tablespoons sherry
strips	4 hard-cooked eggs, cut
1/4 cup unsifted all-	into wedges
purpose flour	
2 1/2 cups milk	4 white-bread slices,
2 chicken-bouillon	toasted and halved
cubes, crumbled	Parsley sprigs

1. Preheat oven to 375F. Heat ham in oven 5 minutes to dissolve gelatine. Score ham.
 2. Combine preserves with lemon juice, mixing well. Brush ham with apricot mixture. Bake 20 minutes, or until ham is heated through and glazed.
 3. **Meanwhile, make Eggs à la King.** In hot butter, in large saucepan, sauté green pepper until tender – about 5 minutes. Remove from saucepan.
 4. Stir flour smoothly into remaining butter in skillet. Gradually add milk, stirring constantly. Add bouillon cubes, salt, pepper, and Worcestershire.
 5. Bring mixture to boiling, stirring constantly. Reduce heat; simmer 1 minute.
 6. Add green peppers, mushrooms, pimientos, sherry, and eggs; reheat gently.
 7. Arrange toast on serving platter; pour over à la king mixture. Slice ham; arrange on platter. Garnish with parsley sprigs.
- MAKES 4 TO 6 SERVINGS

ORANGE BISCUITS

Biscuits

2 cups packaged biscuit mix	1/4 cup finely chopped pecans
2 tablespoons granulated sugar	2 tablespoons light-brown sugar, firmly packed
1/2 cup milk	
1/4 cup butter or margarine, melted	2 tablespoons butter or margarine, melted

Filling

1/2 cup orange marmalade

1. Preheat oven to 425F. Lightly grease an 8-by-8-by-2-inch baking pan.
2. **Make Biscuits.** In large bowl, combine biscuit mix, sugar, milk, and butter; stir quickly with fork just until well mixed.
3. Turn out dough onto lightly floured surface. Knead gently 8 to 10 times.
4. **Make Filling.** Combine the marmalade, pecans, and brown sugar; mix well.
5. Roll dough into a 12-by-9-inch rectangle; brush with 1 tablespoon melted butter. Spread with filling mixture, to within 1/2 inch of edge.
6. From short side, roll up jelly-roll fashion. Cut crosswise into 9 (1-inch) slices.
7. Arrange slices, cut side down, in prepared pan; brush with rest of melted butter.
8. Bake 20 minutes or until golden-brown. Serve hot.

MAKES 9

Tomato Juice
Oven-Toasted Rice Cereal with Milk
Baked Bananas with Bacon*
Hot Biscuits
Jam or Honey
Coffee, Tea, or Milk
SERVES 6

*Recipe given for starred dish.

BAKED BANANAS WITH BACON

6 medium bananas*	3 tablespoons butter or margarine
3 tablespoons lemon juice	12 bacon slices
1/4 cup maple-flavored syrup	6 lime wedges

1. Preheat oven to 400F.
2. Peel bananas; score each banana lengthwise with fork.
3. Arrange bananas in a shallow 2-quart baking

dish. Sprinkle with lemon juice. Pour over maple syrup; dot with butter.

4. Bake, uncovered, 12 to 15 minutes, or until bananas are tender but still hold their shape.

5. Meanwhile, sauté bacon until crisp. Drain well on paper towels.

6. To serve: Arrange bananas on large platter; pour over syrup. Arrange bacon slices between bananas. Garnish with lime wedges.

MAKES 6 SERVINGS

*Use slightly underripe bananas – green-tipped or yellow – not flecked with brown.

Grapefruit Halves Wheat-Cereal Breakfast Pudding*

OR

Wheat Cereal in Apple Juice*

Toasted English Muffins

Butter, Preserves

Coffee, Tea, or Milk

SERVES 6

*Recipes given for starred dishes.

WHEAT-CEREAL BREAKFAST PUDDING

3 3/4 cups milk	1/2 cup honey
Dash salt	1/2 cup raisins
1/2 cup quick-cooking wheat cereal	2 eggs, separated

1. Preheat oven to 375F. Lightly grease a 10-by-6-by-1 1/2-inch baking dish.
2. In medium saucepan, over low heat, bring milk and salt to boiling.
3. Slowly sprinkle in cereal, stirring. Cook, stirring constantly, until thickened – about 10 minutes. Remove from heat.
4. Stir in 1/4 cup honey and the raisins.
5. In small bowl and using rotary beater, beat egg whites until stiff peaks form. Beat egg yolks in another small bowl.
6. Stir egg yolks into cereal; then fold in egg whites.
7. Pour into baking dish; spread remaining honey over surface.
8. Bake 25 minutes. Serve hot, cut in squares.

MAKES 6 SERVINGS







WHEAT CEREAL IN APPLE JUICE

3¹/₄ cups canned apple juice
3¹/₄ cup quick-cooking wheat cereal
1¹/₂ teaspoon salt
1¹/₂ teaspoon cinnamon

1. In medium saucepan, bring apple juice to boiling. Slowly sprinkle in cereal; add salt and cinnamon.
2. Reduce heat; cook, stirring constantly until mixture thickens – about 5 minutes.
3. Serve immediately with light-brown sugar and milk, if desired.

MAKES 6 TO 8 SERVINGS

Tomato Juice
Hot Rolled Oats with Pineapple*
OR
Hot Rolled Oats with Dates*
Fried Eggs with Bacon
Buttered Toast
Coffee, Tea, or Milk
SERVES 4

*Recipes given for starred dishes.

HOT ROLLED OATS WITH PINEAPPLE

1 can (1 lb, 4 oz) pineapple chunks
Water
Dash salt
1 cup quick-cooking oats

1. Drain pineapple; measure liquid. Add water to make 1¹/₂ cups.
2. In medium saucepan, bring pineapple liquid and salt to boiling.
3. Add oats, and cook as package label directs.
4. Serve hot, topped with cold pineapple chunks. No sugar or milk needed.

MAKES 4 SERVINGS

HOT ROLLED OATS WITH DATES

4 cups boiling water
1 teaspoon salt
2 cups quick-cooking oats
1 cup chopped pitted dates
Sugar
Milk

1. In boiling salted water in medium saucepan, cook oats as package label directs.
2. Stir in dates. Remove from heat; cover, and let stand 2 or 3 minutes.
3. Serve hot, with sugar and milk.

MAKES 4 TO 6 SERVINGS

HOT ROLLED OATS WITH APRICOTS OR PRUNES:
Use dried apricots or prunes instead of dates.

Scrambled Eggs, Italian Style
(recipe on page 4)

Orange Sections
Hot Wheat Cereal with Milk
Coconut Toast and Butterscotch Toast*
Coffee, Tea, or Milk
SERVES 4

* Recipe given for starred dish.

COCONUT TOAST

6 tablespoons confectioners' sugar
Few drops vanilla extract
1 tablespoon water
8 white-bread slices, toasted
1/2 cup flaked coconut

1. In small bowl, mix sugar, vanilla, and 1 table-
spoon water, to make a thin glaze.
2. Spread one side of each toast slice with some of
glaze; sprinkle with coconut.
3. Place on ungreased cookie sheet. Run under
broiler, 6 inches from heat, about 3 minutes, or until
coconut is golden. Cut in half diagonally. Serve hot.

MAKES 4 SERVINGS



BUTTERSCOTCH TOAST

1/4 cup soft butter or margarine
1/2 cup light-brown sugar, firmly packed
8 white-bread slices, toasted
1/2 cup finely chopped walnuts or pecans

1. In small bowl, combine butter and sugar until well
blended.
2. Spread each toast slice with some of butter mix-
ture; sprinkle with nuts.
3. Place on ungreased cookie sheet. Run under

broiler, 6 inches from heat, until top is bubbly and
nuts are toasted. To serve, cut in half diagonally.
MAKES 4 SERVINGS

Grapefruit-Orange Juice
Oatmeal Surprise*
Hot Biscuits with Honey
Coffee, Tea, or Milk
SERVES 4

* Recipe given for starred dish.

OATMEAL SURPRISE

1/2 cup light-brown sugar, firmly packed
2 cups hot cooked oatmeal
2 apples
1/2 cup granulated sugar
Light cream

1. Grease well 4 (6-oz) custard cups. Put 2 table-
spoons brown sugar in each cup.
2. Pour in hot cereal. Cover; refrigerate overnight.
3. Preheat oven to 400F.
4. Heat oatmeal in cups 15 to 20 minutes, or until
heated through.
5. Meanwhile, core apples; cut each into 6 or 8
wedges.
6. In medium skillet, combine apples with gran-
ulated sugar and 1/2 cup water.
7. Over medium heat, cook apples slowly until
tender – about 5 minutes. Do not stir.
8. Unmold oatmeal into individual cereal bowls;
surround with apple wedges and juice. Serve with
cream.

MAKES 4 SERVINGS



Dishes Children Love

(and love to make)

Yes, not only is this section dedicated to mothers-in-a-hurry, but also to their offspring who just love to cook. The recipes with a dagger (†) were developed for young cooks, and they are “simply” delicious.

BLUSHING BUNNY

- | | |
|---------------------------|------------------------|
| 1 can (8 oz) tomato sauce | 4 white-bread slices, |
| 1 can (11 oz) condensed | toasted |
| Cheddar-cheese soup, | 4 cooked bacon slices, |
| undiluted | crumbled |
| 1/4 teaspoon dry mustard | |

1. In small saucepan, combine tomato sauce with cheese soup and mustard, mixing well. Over medium heat, bring to boiling, stirring constantly.
2. Serve over toast. Sprinkle with bacon.

MAKES 4 SERVINGS

EGG IN A FRAME

- | | |
|--------------------------|-------|
| 1 white-bread slice | 1 egg |
| 1 tablespoon soft butter | Salt |
| or margarine | |

1. Spread both sides of bread with butter. With round 2½-inch cookie cutter, cut out center.
2. In small skillet with tight-fitting lid, sauté bread slice and bread round, uncovered, until golden on both sides.
3. Remove bread round from skillet; keep warm. Carefully break egg into center of bread slice; cook, covered, 4 to 5 minutes, or until egg is set.
4. With pancake turner, remove to serving plate; sprinkle egg lightly with salt. If desired, spread bread round with deviled ham; place on top of egg.

MAKES 1 SERVING

EGGS À LA KING†

- | | |
|---------------------|-------------------------|
| 1 can (10¾ oz) | 4 hard-cooked eggs, |
| condensed cream-of- | coarsely chopped |
| mushroom soup, | 4 packaged toaster corn |
| undiluted | muffins, toasted |
| 1/2 cup milk | Chopped parsley |

1. In medium saucepan, combine soup and milk, mixing well.
2. Carefully stir in eggs; reheat gently. Serve hot, over corn muffins. Sprinkle with parsley.

MAKES 4 SERVINGS



SCRAMBLED EGGS IN TOAST CUPS

- | | |
|-------------------------|-------------------------|
| 4 white-bread slices | 1/4 teaspoon salt |
| 2 tablespoons butter or | Dash pepper |
| margarine, melted | 2 tablespoons butter or |
| 4 eggs | margarine |
| 1/4 cup milk | |

1. Preheat oven to 350F.
2. Trim crusts from bread slices. Brush both sides with melted butter.
3. Press a slice into each of 4 (6-oz) custard cups. Place on cookie sheet; bake 15 to 20 minutes, or until bread is toasted.
4. Meanwhile, in small bowl, with rotary beater, beat eggs with milk, salt, and pepper until well combined.
5. Heat butter in medium skillet until a little cold water sizzles when dropped on it.
6. Pour egg mixture into skillet; cook slowly until eggs start to set. Then stir constantly with fork until eggs are soft and creamy.
7. To serve: Fill toast cups with egg mixture. If desired, sprinkle with crumbled, cooked bacon or chopped parsley.

MAKES 4 SERVINGS

SLOPPY JOES†

- | | |
|------------------------|-------------------------|
| 1/2 lb ground beef | 1/4 cup catsup |
| 1 can (1 lb) beans and | 3 hamburger buns, split |
| ground beef in | and toasted |
| barbecue sauce | |

1. In medium skillet, sauté meat, stirring until it loses its red color.
2. Add beans and catsup, mixing well. Simmer, uncovered, 5 minutes. Spoon mixture over buns.

MAKES 6 SERVINGS

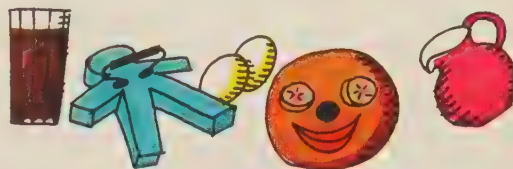




FRENCH TOAST DOLLS†

6 white or whole-wheat bread slices	2 tablespoons butter or margarine
2 eggs	Confectioners' sugar or currant jelly
1/2 cup milk	
1/4 teaspoon salt	

1. With cookie cutter, cut bread into doll or other shapes. (Use trimmings later, for bread pudding.)
 2. In a medium bowl, with rotary beater, beat the eggs with the milk and salt just until well combined, but not frothy.
 3. Dip bread cutouts into egg mixture, coating both sides; shake off any excess.
 4. In hot butter in large skillet, sauté the bread cutouts about 3 minutes on each side, or until crisp and golden.
 5. Drain toast well on paper towels.
 6. Serve, lightly sprinkled with confectioners' sugar, with currant jelly or jam, or maple syrup.
- MAKES 3 SERVINGS



FUNNY-FACE PANCAKES†

1 cup packaged pancake-and-waffle mix	Canned peach slices, drained
1 cup milk	Seedless raisins
1 egg, slightly beaten	1 large banana, sliced
1 tablespoon salad oil	

1. To pancake mix, in medium bowl, add milk, egg, and salad oil. Stir until pancake mix is just moistened. Batter will be lumpy.
2. Meanwhile, slowly heat griddle or heavy skillet. Skillet is hot enough when a little cold water dropped onto skillet rolls off in drops.
3. For each pancake, pour 1/4 cup batter onto griddle. Cook until bubbles form on surface and edges become dry; turn pancake, and cook 2 minutes longer, or until golden-brown on underside.
4. Place peaches, raisins, and banana in individual bowls. Let children make their own funny faces on pancakes, using peaches for eyebrows and mouth, bananas for eyes, and raisins for nose. Serve pancakes warm, with butter and maple syrup.

MAKES 8 (4-INCH) PANCAKES

French Toast Dolls

PEANUTBURGERS

1 lb ground chuck
1/2 teaspoon salt
1/8 teaspoon pepper

1/4 cup crunchy-style
peanut butter

1. Lightly toss chuck with rest of ingredients, in large bowl, to combine.

2. Gently shape into 6 patties.

3. Broil, 4 inches from heat, 6 minutes on one side. Turn; broil 4 minutes on other side, for medium.

MAKES 6 SERVINGS

RELISHBURGERS: Proceed as directed above, substituting 2 tablespoons mustard-pickle relish for peanut butter.

CHILI BURGERS: Proceed as directed above, omitting peanut butter; add 2 tablespoons chili sauce and 1/2 teaspoon instant minced onion.

OLIVEBURGERS: Proceed as directed above, substituting 2 tablespoons chopped stuffed olives for peanut butter.

MILK TOAST

2 cups milk
4 white-bread slices,
toasted and buttered

1. Heat milk in small saucepan just until bubbles form around edge of pan. Remove from heat; let cool slightly.

2. Serve toast slices in individual soup plates; pour 1/2 cup warm milk over each.

MAKES 4 SERVINGS

CINNAMON-SUGAR MILK TOAST: Combine 1/4 cup sugar with 1/2 teaspoon cinnamon, mixing well. Proceed as directed for Milk Toast, sprinkling toast slices with cinnamon-sugar mixture.

BANANA MILK TOAST: Proceed as directed for Milk Toast, arranging a few banana slices over each toast slice.

COCONUT-HONEY MILK TOAST: Spread one side of each toast slice with honey; sprinkle with flaked coconut. Run under broiler, 6 inches from heat, about 2 minutes, or until coconut is golden. Proceed as directed for Milk Toast.

BANANA-STRAWBERRY SANDWICHES

2 tablespoons soft butter
or margarine
8 white-bread slices
2 medium-ripe bananas,
mashed

1 teaspoon lemon juice
1/4 cup strawberry
preserves

1. Butter one side of each bread slice.

2. In small bowl, combine bananas with lemon juice. Spread about 1 tablespoon on buttered side of each

of 4 bread slices. Then spread with 1 tablespoon preserves.

3. Top with remaining bread slices; trim crusts. To serve, cut each sandwich into quarters.

MAKES 4 SANDWICHES

PEANUT-BUTTER-AND-JELLY FOLDOVERS

6 fresh white-bread
slices
2 tablespoons soft butter
or margarine

6 tablespoons creamy
peanut butter
1/4 cup grape jelly

1. Trim crusts from bread. Flatten bread slightly with rolling pin.

2. Spread each slice with 1 teaspoon butter, then with 1 tablespoon peanut butter, spreading almost to edges.

3. Spread half of each slice with 2 teaspoons jelly. Fold in half; press edges firmly, to seal.

4. Run under broiler, 4 inches from heat, until bread is toasted – about 2 minutes. Turn; toast other side. Serve at once.

MAKES 6 SERVINGS

FRUIT-SALAD SANDWICHES†

1/2 cup heavy cream
4 tablespoons
mayonnaise
1 tablespoon honey
1 can (8 1/4 oz) pineapple
chunks

1 banana
1 red apple
2 tablespoons chopped
walnuts
6 slices buttered toast

1. Measure the 1/2 cup heavy cream into a medium bowl. Beat with rotary beater until thick. Add the mayonnaise and honey, and mix with a wooden spoon.

2. Drain pineapple in strainer. Peel banana; cut into chunks. Chop apple – leave its red skin on – into coarse pieces. Save some of apple and nuts for top.

3. Add pineapple, banana, rest of apple and nuts to cream; mix well. Spoon on toast. Top with apple and nuts that were saved.



VEGETABLE ROLL-UPS

10 fresh white-bread
slices
1/4 cup soft butter or
margarine
1/2 cup grated sharp or
Cheddar cheese

Fillings
10 (3-inch) carrot sticks,
celery sticks, green-
pepper strips, or
cooked asparagus
spears

1. Trim crusts from bread; flatten each slice with rolling pin.

2. In small bowl, mix butter with cheese. Use to spread on bread slices. Place one of Fillings along one side; roll up as for a jelly roll.

3. Wrap each roll securely in waxed paper. Refrigerate, seam side down on tray, at least 1 hour before serving.

MAKES 10

TOASTED VEGETABLE ROLL-UPS: Make as directed above. Run under broiler, 4 inches from heat, until golden-brown. Serve immediately.

THE HANS CHRISTIAN ANDERSEN SANDWICH†

6 slices rye bread	12 slices liverwurst or
Butter or margarine,	bologna
softened	12 cooked bacon slices
Several leaves of lettuce	Several cherry tomatoes

1. Spread the bread with butter. Top each with 2 or 3 lettuce leaves and 2 liverwurst or bologna slices. Arrange bacon slices on top.

2. Now slice the cherry tomatoes crosswise; use to garnish top.

MAKES 6

PICNIC-ON-A-STICK†

Sandwich Kebabs	Fruit Kebabs
6 chunks pickle—sweet or dill	6 chunks cantaloupe or banana
6 cubes Cheddar cheese	12 canned pineapple chunks
12 slices salami or bologna	12 Bing cherries, pitted
6 cherry tomatoes	6 chunks watermelon
6 slices ham	
6 hot-dog rolls	
Soft butter or margarine	
Prepared mustard	

1. **To make Sandwich Kebabs:** String on each of 6 hibachi sticks a pickle chunk, a cube of Cheddar cheese, 2 slices of salami, a cherry tomato, and a slice of ham. Place each in a plastic bag. Put in refrigerator until it's time to go to the picnic.

2. With spatula, spread one side of each hot-dog roll with butter. Spread other side with mustard. Place each in a plastic bag.

3. **To make Fruit Kebabs:** String on each of 6 sticks a chunk of cantaloupe, 2 pineapple chunks, 2 cherries and a watermelon chunk. Place each in a plastic bag, and put in refrigerator.

4. At picnic, give everyone a sandwich kebab and a roll. Put the sandwich kebab in the roll, and slide out stick. Pass fruit kebabs and the paper napkins.

MAKES 12 KEBABS

JACK-BE-NIMBLE SALAD

2 crisp lettuce leaves	1 large banana, halved
2 pineapple slices, drained	crosswise
	Mayonnaise

1. Place lettuce leaves on individual salad plates. Arrange a pineapple slice in center of each.

2. Stand a banana half, cut side down, on each pineapple slice. Serve with mayonnaise.

MAKES 2 SERVINGS

PETER RABBIT SALAD

1 pkg (3 oz) cream cheese	Spinach leaves
1/3 cup grated carrot *	1 can (8 1/4 oz) pineapple
3 parsley sprigs	chunks, drained

1. Divide cream cheese into 3 parts. With hands, shape each part to resemble a carrot 3 inches long.

2. Roll "carrots" in grated carrot, coating completely. Insert a parsley sprig in top of each.

3. Serve on spinach leaves; garnish with pineapple chunks. Serve with mayonnaise, if desired.

MAKES 3 SERVINGS

* Grate carrot onto paper towel; pat dry with another paper towel.



SUNSHINE SALAD

1 cup grated raw carrot	2 tablespoons lemon
1 cup shredded cabbage	juice
1/4 cup seedless raisins	1 tablespoon sugar
1/2 teaspoon salt	1/4 cup mayonnaise or
	cooked salad dressing

1. Lightly toss carrot, cabbage, raisins, salt, lemon juice, and sugar until well combined. Refrigerate until ready to serve.

2. Just before serving, toss with mayonnaise.

MAKES 4 SERVINGS

WIGWAM SALAD

1/2 cup creamed cottage cheese	1 ripe olive, slivered
Crisp lettuce leaves	1 pimiento, cut into a triangle
3 (1-inch) carrot sticks	

1. Place the cottage cheese in a mound on lettuce leaves. Using backs of two spoons, shape cheese to resemble a wigwam. Insert carrot sticks in top.

2. Place pairs of crossed olive slivers here and there on wigwam, to resemble Indian signs. Add pimiento, for entrance.

MAKES 1 SERVING

SPICY APPLE BETTY†

1 can (1 lb, 4 oz) sliced apples, undrained	1/4 teaspoon cinnamon
6 tablespoons light-brown sugar	2 cups cornflakes
1/8 teaspoon salt	1/4 cup butter or margarine, melted
	Soft vanilla ice cream

1. Preheat oven to 400F.
2. In a 1½-quart casserole, combine apples with 2 tablespoons sugar, the salt, and cinnamon, mixing well.
3. Toss cornflakes with rest of sugar and the butter. Spoon over apples.
4. Bake, uncovered, 15 minutes. Serve warm, topped with ice cream.

MAKES 6 SERVINGS

HEAVENLY HASH

2 cups cold cooked white rice, loosely packed	12 large marshmallows, quartered*
1 can (8¼ oz) pineapple chunks, drained	1 cup heavy cream, whipped

1. In medium bowl, lightly toss rice with pineapple and marshmallows, to combine. Refrigerate, covered, 1 hour.
2. Fold in whipped cream just before serving. Top with additional cherries, if desired.

MAKES 6 SERVINGS

*Or use 1½ cups miniature marshmallows.

RAGGEDY ANN PUDDINGS

1 pkg (3¾ oz) instant-vanilla pudding mix	1 maraschino cherry, slivered
2 cups milk	Seedless raisins
4 chocolate wafers, crushed	

1. Prepare vanilla pudding with milk, as package label directs.
2. Pour into 4 or 5 shallow, round dessert dishes. Refrigerate 30 minutes, or until well chilled.
3. To decorate puddings: From tip of spoon, sprinkle some of crushed wafers around the edge of each pudding, for hair. Use cherry sliver for mouth, raisins for eyes and nose. Serve immediately.

MAKES 4 OR 5 SERVINGS

ORANGE-DATE TAPIOCA

1 pkg (3¼ oz) vanilla-tapioca-pudding mix	1/4 cup chopped dates
2 cups milk	1 tablespoon grated orange peel

1. Make pudding with the milk as package label directs.

2. Let stand 15 minutes at room temperature. Add dates and orange peel, mixing well.

3. Turn pudding into bowl; place waxed paper directly on surface.

4. Refrigerate 1 hour before serving.

MAKES 4 TO 6 SERVINGS

LEMON-RAISIN TAPIOCA: Prepare tapioca as directed above, substituting 1/4 cup seedless raisins and 2 teaspoons lemon peel for dates and orange peel.

HOLIDAY TAPIOCA: Prepare tapioca as directed above, omitting dates and orange peel; instead, add 1/4 cup mix candied fruit. Just before serving, sprinkle with flaked coconut.

FLOWERPOT SUNDAES†

1 pint vanilla ice cream	A can or tube of pink frosting with a squirter nozzle
1 pint pistachio ice cream	
1 pint strawberry ice cream	Spearmint-gumdrop leaves, split in half
Marshmallows	Green sugar crystals
Round lollipops in various colors	Multicolor tiny mints
	Chocolate shot

1. With ice-cream scoop, fill 6 (8-oz size) paper cups with 1/2 pint ice cream. Place, covered, in freezer.

2. To make lollipop flowers, cut marshmallows with scissors around edge, to make petals. Attach a marshmallow "flower" to one side of lollipop with a squirt of frosting.

3. Make rosette of frosting in center of marshmallow flower.

4. Attach spearmint leaves, one on each side of lollipop-stick stem, with a dab of frosting. Insert flowers in ice cream. Sprinkle ice cream with green sugar crystals or multicolor mints or chocolate shot.

5. Keep the sundaes in the freezer until you are ready to eat.

MAKES 6

Note: The pink frosting, gumdrop leaves, green sugar crystals, and chocolate shot can be found in most supermarkets. The multicolor tiny mints can be found in most candy stores. Have Mother split the gumdrop leaves with a paring knife.

CRÊPES† (FRENCH PANCAKES)

1/2 cup milk	Salad oil
1/4 cup all-purpose flour	Raspberry preserves
2 eggs	Confectioners' sugar
Salt	

1. Measure 1/2 cup milk in a Pyrex measuring cup.

2. Spoon flour into a 1/4-cup measure; level off with spatula.

3. In small bowl, combine milk, flour, eggs, a sprinkle of salt. Measure 1 teaspoon salad oil; add to mixture in the bowl.

4. Beat with eggbeater until smooth and lumps are gone.

5. Brush a 7-inch skillet lightly with salad oil. Then heat the skillet over medium heat. You can tell when the skillet is hot by sprinkling it with a little cold water. When the skillet is hot enough, the water will sizzle and will roll off the pan in drops.

6. Take skillet from the heat. Pour in a little batter (about 2 tablespoons); tilt pan so batter covers the bottom evenly.

7. Cook, over medium heat, for 3 or 4 minutes, or until nicely browned on underside. Check the color by lifting with spatula.

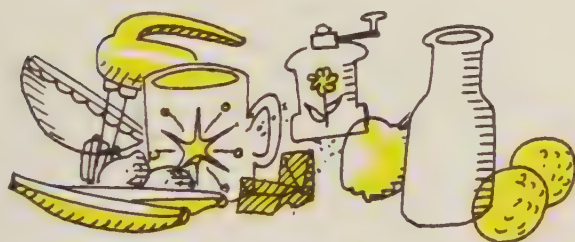
8. Turn over crêpe with spatula. Cook another minute or two, to brown the other side slightly.

9. Turn out on serving platter. Spread with raspberry preserves. Fold in half, then in half again, like a handkerchief. Sprinkle with some confectioners' sugar.

10. Serve at once, or keep warm in a low oven (set at 300F) while you're making the others.

11. Make 7 more crêpes with the rest of the batter. Brush the pan with oil, and heat it again before making each one. Before serving, sprinkle each pancake with sugar again.

MAKES 8



BANANA EGGNOG†

1 small ripe banana	1 cup cold milk
1 egg	1/2 teaspoon vanilla
1 tablespoon sugar	extract

1. Peel banana. Cut into small pieces. In a 1-quart measure, with rotary beater, beat banana with egg and sugar until smooth and well combined.

2. Add milk and vanilla; continue to beat until just combined. Pour into chilled glasses.

MAKES ABOUT 2 CUPS

CHOCOLATE BANANA EGGNOG: Make Banana Eggnog, substituting chocolate milk for the milk.

MAPLE-FLAVORED BANANA EGGNOG: Make Banana Eggnog, omitting vanilla. Add 2 tablespoons maple-flavored syrup.

PEANUT-BUTTER BANANA EGGNOG: Make Banana Eggnog, adding 1/4 cup cream-style peanut butter.

RASPBERRY BANANA EGGNOG: Make Banana Eggnog, adding 1/2 cup raspberry sherbet.

MAKES ABOUT 2 1/4 CUPS

BETSY'S SUGAR COOKIES†

1 bottle (1 3/8 oz)	1 roll (1 lb, 2 oz)
chocolate sprinkles	refrigerated sugar-
	cookie dough

1. Preheat oven to 375F.

1. Sprinkle a sheet of foil with the chocolate sprinkles.

3. Unwrap roll of cookie dough. Roll in chocolate sprinkles, to coat well all over.

4. With knife, slice cookie dough into 1/4-inch-thick slices.

5. Place the cookie rounds, 2 inches apart, on ungreased cookie sheets.

6. Bake, one sheet at a time, 8 to 10 minutes, or just until cookies are a light-golden color.

7. Place cookie sheet on a cake rack. Cool cookies 3 minutes. Then, with the spatula, remove cookies to cake rack, and let them cool completely.

MAKES ABOUT 40 COOKIES

PEANUT BUTTER BROWNIES

2 squares unsweetened	1/2 teaspoon baking
chocolate	powder
1/4 cup butter or	2 eggs
margarine	1 cup sugar
1/3 cup creamy peanut	1 teaspoon vanilla
butter	extract
2/3 cup sifted all-purpose	3/4 cup coarsely chopped
flour	salted peanuts

1. Preheat oven to 350F. Lightly grease an 8-by-8-by-2-inch baking pan.

2. Melt chocolate, butter and peanut butter over hot, not boiling water. Set aside to cool.

3. Sift flour with baking powder. Set aside.

4. In large bowl, with wooden spoon, or portable electric mixer at medium speed, beat eggs and sugar until light.

5. Beat in chocolate mixture and vanilla. Stir in flour mixture and chopped peanuts.

6. Spread mixture evenly in prepared pan; bake 25 to 30 minutes.

7. Let brownies cool slightly in pan on wire rack. While still warm, cut into 2-inch squares with sharp knife. Then let cool completely.

MAKES 16 BROWNIES

CHOCOLATE-PEANUT BUTTER SHAKES†

2 cups milk	2 tablespoons prepared
1/4 cup creamy peanut	chocolate syrup
butter	1/2 pint soft vanilla ice
	cream

1. Combine milk and peanut butter in 1-quart measure. Beat with rotary beater or portable electric mixer until well combined.

2. Add syrup and ice cream; beat until smooth.

MAKES 4 SERVINGS

CUPCAKE CONES

1 pkg (1 lb, 3 oz) toasted-	Ice cream
coconut-cake mix	Coconut
2 eggs	Chocolate sprinkles
24 flat-bottom waffled	
ice-cream cones	

1. Preheat oven to 400F.

2. Make cake as package label directs, using 2 eggs and amount of water specified on package. Fill each cone with 3 tablespoons batter.

3. Place cones on cookie sheet; bake 15 to 18 minutes, or until surface of cake springs back when gently pressed with fingertip. Let cool on wire rack.

4. To serve: Top each cone with a scoop of ice cream. Top some with coconut, some with chocolate sprinkles.

MAKES 24

MARSHMALLOW ICE-CREAM CONES (Pictured)

1/4 lb large marshmallows	Decorations, below
2 teaspoons milk	3 pints assorted ice
12 ice-cream cones	cream

1. Over hot, not boiling, water, slightly melt marshmallows. Add milk.

2. Cook, stirring occasionally, until completely melted.

3. Swirl top edge of cone in mixture; spread with spatula to make a border 1/4 inch deep.

4. Decorate or sprinkle with one or more decorations.

5. Top each with scoop of ice cream. Serve at once.

MAKES 12

CHOCOLATE ICE-CREAM CONES (Pictured)

2 pkg (6-oz size)	12 ice-cream cones
semisweet-chocolate	Decorations, below
pieces or butterscotch	3 pints assorted ice
pieces	cream

1. Melt chocolate over hot, not boiling, water.

2. With small spatula, spread 1 tablespoon melted chocolate inside each cone. Swirl top edge of cone in chocolate; spread to make a 3/4-inch deep border.

3. Decorate or sprinkle with one or more decorations.

4. Top each with scoop of ice cream. Serve at once.

MAKES 12

LEMON-FROSTED ICE-CREAM CONES (Pictured)

2 tablespoons soft butter	1/4 teaspoon lemon
or margarine	extract
1 cup sifted	12 ice-cream cones
confectioners' sugar	Decorations, below
1 tablespoon milk	3 pints assorted ice
	cream

1. In medium bowl, combine butter, sugar, milk, and lemon extract. Beat with wooden spoon, until smooth.

2. With small spatula, spread lemon frosting around top edge and side of cone to make border 3/4 inch deep.

3. Decorate or sprinkle with one or more decorations.

4. Top each with scoop of ice cream. Serve at once.

MAKES 12

PEANUT-BUTTER ICE-CREAM CONES (Pictured)

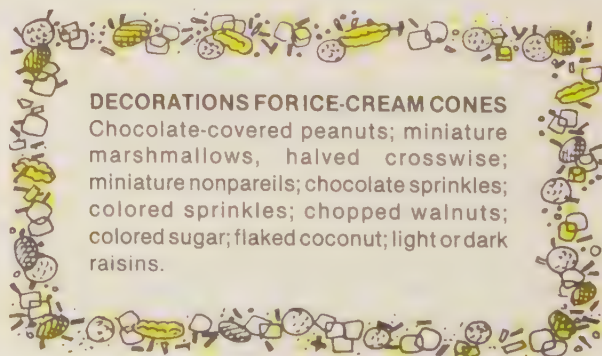
1/2 cup creamy peanut	Decorations, below
butter, softened	3 pints assorted ice
12 ice-cream cones	cream

1. With small spatula, spread peanut butter around top edge and side of cones to make a border 3/4 inch deep.

2. Decorate or sprinkle with one or more decorations.

3. Top each with scoop of ice cream. Serve at once.

MAKES 12



DECORATIONS FOR ICE-CREAM CONES

Chocolate-covered peanuts; miniature marshmallows, halved crosswise; miniature nonpareils; chocolate sprinkles; colored sprinkles; chopped walnuts; colored sugar; flaked coconut; light or dark raisins.





FIFI THE POODLE



HARRY THE HIPPO



JUMBO THE ELEPHANT



LEO THE LION



TWO LITTLE SEA GULLS

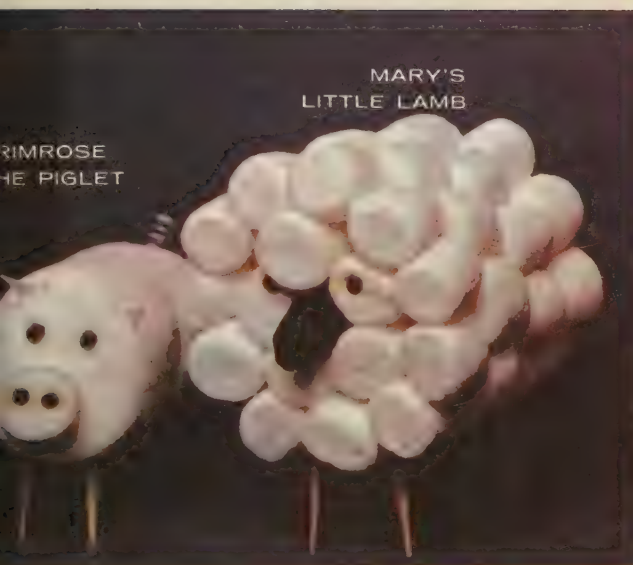


FROSTY THE SNOWMAN

TIMMY THE TURTLE



GEORGE THE GIRAFFE



MARY'S
LITTLE LAMB

RIMROSE
THE PIGLET

Turn to pages 20-21
where you will find in-
structions for making all
the favors pictured here.



Marshmallow Favors

For years we've been making all sorts of charming favors out of marshmallows. We've made them for parties, to brighten sickrooms, to beguile children. Sometimes we've made them just to surprise and delight our families at dinner. Favors are fun to make; but the real reward comes when you see the faces of the people (big and little) you have set out to please.



ONE LITTLE SEA GULL

To make Marshmallow Favors you will need:

Glue

1½ cups unsifted
confectioners' sugar
1 egg white, unbeaten

Soft licorice candy
Small soft gumdrops
Large gumdrop
Candy corn
Wooden picks and

Miniature marshmallows

Large marshmallows

Licorice string

skewers

Paper plates

Brown and white paper

1. Make Glue: In small bowl of electric mixer at medium speed, beat sugar with egg white until mixture is thick enough to hold a definite shape.

2. Keep glue covered with damp cloth until ready to use.

MAKES ABOUT ½ CUP

Note: When making favors, let glue dry completely on each part of animal before assembling next part.

MARY'S LITTLE LAMB

(Pictured on page 19)

1. Insert 4 wooden picks in side of large marshmallow, for legs; insert legs into inverted paper plate for support.

2. Glue 2 rows of miniature marshmallows (use about 10 for each row) around side of large marshmallow. Then glue more miniature marshmallows over front and back, leaving space in front for nose.

3. Glue piece of licorice candy to marshmallow, for nose; add 2 pieces of licorice string to right and left of nose, for eyes.

FROSTY THE SNOWMAN

(pictured on page 18)

1. First, make top hat: Use a thin, flat piece of licorice candy for brim; glue a larger piece of licorice candy to brim for crown.

2. Attach 2 large marshmallows, ends together, with wooden pick, to resemble snowman. Insert one end of wooden pick into top hat; insert other end of wooden pick into inverted paper plate, for support.

3. Make eyes, mouth, and buttons with pieces of licorice string.

LITTLE SEA GULLS

(pictured on pages 18, 19)

1. Use large marshmallow for body. Insert 2 wooden picks in side, for legs; insert legs into inverted paper plate, for support.

2. Glue candy corn to marshmallow, for beak; add pieces of licorice string, for eyes.

JUMBO THE ELEPHANT

(pictured on page 18)

1. For body, join 2 large marshmallows (flat ends together) with wooden pick.

2. For ears, place a large marshmallow at each side of one marshmallow, running wooden pick through all three.

3. For each leg, spear 3 miniature marshmallows on a wooden pick. Insert legs into underside of body; then insert into inverted paper plate, for support.

4. For trunk, cut a piece of white paper, tapering it slightly. Fold back wide end, making a flap. Make a slit in face with wet knife; insert flap. Make eyes from pieces of licorice string.

TIMMY THE TURTLE

(pictured on page 18)

1. Use large marshmallow for body. With wooden pick, attach small gumdrop (flat side down) to bottom edge of body, for head.

2. Cut another small gumdrop into slivers. Make slits around bottom of marshmallow at ½-inch intervals; insert gumdrop slivers, for feet. Add 2 pieces licorice string, for eyes.

FRITZ THE DACHSHUND

(pictured on page 21)

1. For body, string 5 large marshmallows on wooden skewer.

2. Make each leg with 2 miniature marshmallows on half of a wooden pick. Insert 2 legs into each end of body; then insert into inverted paper plate, for support.

3. Make head: Cut ears and nose from brown paper. Make slits with wet knife in a large marshmallow; insert ears and nose; add 2 pieces of licorice string to head, for eyes. Attach head to body with wooden pick.

PRIMROSE THE PIGLET

(pictured on page 19)

1. Run wooden pick through 2 large marshmallows (flat ends together) and one miniature marshmallow, for body, head, and snout.

2. Insert 4 wooden picks into body, for legs; insert into inverted paper plate, for support.

3. Use pieces of licorice string for nostrils, eyes, and tail.

4. Cut out small, pointed ears from white paper. Make slits in head with wet knife; insert ears.



FRITZ THE DACHSHUND

GEORGE THE GIRAFFE (pictured on page 19)

1. For neck, insert a wooden skewer through centers of 7 miniature marshmallows. Insert into apple, for support, while making head.
2. Make head: Add another miniature marshmallow to neck, inserting skewer through side. Glue a miniature marshmallow to last marshmallow on neck, flat ends together. Add pieces of licorice string, for eyes. Cut ears from white paper. Make slits in head with wet knife; insert ears.
3. Use large marshmallow for body. Insert neck into body. Insert 4 wooden picks on underside of body, for legs; insert legs into inverted paper plate, for support.

HARRY THE HIPPO (pictured on page 18)

1. Make head: With wet knife, split large marshmallow almost in half. Pull apart slightly; don't break hinge. For teeth, insert small pieces of licorice string inside mouth.
2. Run wooden pick through 2 large marshmallows (flat ends together), for body.
3. For legs, place 2 miniature marshmallows on each of 4 wooden picks. Insert legs into underside of body; then insert into inverted paper plate, for support.
4. Glue head to body; glue 2 small gumdrops to head for eyes.

FIFI THE POODLE (pictured on page 18)

1. With wooden pick, join 2 large marshmallows (flat ends together), for body.
2. Slide miniature marshmallow onto each of 4 wooden picks; insert wooden picks into underside of body; for legs; insert into inverted paper plate, for support.
3. Glue one miniature marshmallow in center of one end of large marshmallow; surround with 2 rows of miniature marshmallows.
4. Glue another miniature marshmallow to center of face, for nose; glue pieces of licorice candy to nose, for tip.
5. Add pieces of licorice string to face, for eyes. Add miniature marshmallow on wooden pick for tail.

LEO THE LION (pictured on page 18)

1. On wooden pick, run together 3 large marshmallows (flat ends together), for head and body.
2. Insert 4 wooden picks on underside of head and body, for legs; insert legs into inverted paper plate, for support.
3. Glue 2 miniature marshmallows to head, for cheeks. Between cheeks, glue strip from large gumdrop; make tip of nose with triangle of licorice candy.
4. Use pieces of licorice string for eyes. Insert wooden picks around head, for mane.



Lunches to Eat at Home



Homemakers are notorious lunch skippers and/or lunch skimpers. Here is a week of menus for you (and your family, too). And they're to be eaten sitting down at the table, *not* catch-as-catch-can while you're doing a dozen other things.

Deviled-Cheese Sandwiches*
Carrot Sticks
Orange-Pineapple Ambrosia*
Milk
SERVES 6

*Recipes given for starred dishes.

DEVILED-CHEESE SANDWICHES

1½ cups grated sharp Cheddar cheese (6 oz)	¼ teaspoon onion salt
¼ cup finely chopped celery	¼ teaspoon bottled steak sauce
3 tablespoons sweet-pickle relish, drained	¼ cup mayonnaise or cooked salad dressing
	6 white-bread slices

1. In medium bowl, combine all ingredients, except bread.
2. Put bread on cookie sheet; toast, in broiler, on one side.
3. Spread cheese mixture on untoasted side; broil, about 4 inches from heat, until cheese begins to melt – about 1 minute. Serve hot.

MAKES 6 SANDWICHES

ORANGE PINEAPPLE AMBROSIA

2 large naval oranges	3 tablespoons sugar
1 can (20 oz) pineapple chunks, drained	⅓ cup orange juice
1 banana, peeled and sliced	1 cup flaked coconut

1. Peel oranges; remove white membrane. Cut into chunks.
2. In large bowl, lightly toss oranges, pineapple, banana, sugar, orange juice, and ½ cup coconut.

3. Refrigerate, covered, until well chilled – about 2 hours.

4. To serve: Divide fruit mixture among 6 dessert dishes. Sprinkle with rest of coconut.

MAKES 6 SERVINGS

Hamburgers à la Carte*
Kidney-Bean Salad*
Fruit and Cookies
Milk
SERVES 6

*Recipes given for starred dishes.

HAMBURGERS À LA CARTE

1½ lb ground chuck	6 hamburger buns, split
2 teaspoons salt	3 tablespoons butter or margarine, melted
½ teaspoon pepper	Toppings, below
1 tablespoon Worcestershire sauce	

1. Lightly toss beef, salt, pepper, and Worcestershire. Gently shape into 6 patties, each about ½ inch thick.
2. Arrange on broiler rack, 4 inches from heat. Broil 3 minutes on one side and 2 minutes on other side, for medium rare.
3. Meanwhile, brush cut sides of buns with butter. When meat is done, toast buns under broiler 1 minute.

4. Serve hamburgers in buns, and pass an assortment of toppings.

MAKES 6 SERVINGS

TOPPINGS

Blue-Cheese Spread: Combine ¼ cup crumbled blue cheese, 4 tablespoons soft butter or margarine, and ½ teaspoon Worcestershire sauce.

Olive Butter: Combine 4 tablespoons chopped pimiento-stuffed olives and ½ cup soft butter or margarine.

Sour-Cream Horseradish: Combine 1 cup sour cream, 1 tablespoon prepared horseradish, 1/2 teaspoon salt, and 1/8 teaspoon paprika.

Sour-Cream Onion: Combine 1 cup sour cream and 2 tablespoons packaged dry onion-soup mix.

Sour-Cream Chili Sauce: Combine 1 cup sour cream, 2 tablespoons chili sauce, 5 drops liquid hot red-pepper sauce, dash pepper, and 1/4 teaspoon seasoned salt.

KIDNEY-BEAN SALAD

2 cans (1-lb size) kidney beans, drained	1/4 teaspoon dry mustard
1/3 cup vinegar	2 large onions, peeled
2 tablespoons salad oil	Few sprigs parsley
1 teaspoon salt	1 clove garlic, peeled
Dash pepper	1 jar (4 oz) pimiento, drained

1. Mix beans with vinegar, oil, salt, pepper, and mustard.
2. Chop onions, parsley, and garlic fine; chop pimientos coarsely.
3. Add chopped vegetables to bean mixture; refrigerate about 1 hour before serving.

MAKES 6 SERVINGS

Quick Tuna-Macaroni Casserole*
Sliced Tomatoes
Toasted French Rolls
Fruit-Bowl
Milk
SERVES 6

*Recipe given for starred dish.

QUICK TUNA-MACARONI CASSEROLE

2 cans (15 1/4 oz size) macaroni with cheese sauce	1/8 teaspoon pepper
1 can (7 oz) chunk-style tuna, drained	3 tablespoons fresh bread crumbs
1 tomato, peeled, coarsely chopped	1 tablespoon butter or margarine, melted
1/2 teaspoon dried thyme leaves	1 tablespoon chopped parsley

1. Preheat oven to 375F.
2. Combine macaroni, tuna, tomato, thyme, and pepper in 2-quart casserole; toss gently until well mixed.
3. Toss bread crumbs with butter and parsley; sprinkle over casserole.
4. Bake 20 minutes.

MAKES 6 SERVINGS

Fruit-Salad Plate*
Date-Nut-Bread-and-Butter Sandwiches
Coffee or Tea
SERVES 2

*Recipe given for starred dish.

FRUIT-SALAD PLATE

1 can (8 1/2 oz) pineapple slices	6 cooked pitted prunes
Crisp lettuce leaves	6 whole strawberries
1 cup creamed cottage cheese (8 oz)	1 navel orange, peeled and thinly sliced
3 tablespoons chopped parsley	1/4 cup mayonnaise or cooked salad dressing

1. Drain pineapple, reserving 2 tablespoons liquid; set aside.
2. Arrange lettuce leaves on 2 individual plates. Place 1/2 cup cottage cheese on each.
3. Dip edges of pineapple slices in parsley. Arrange 2 pineapple slices, 3 prunes, 3 strawberries, and half the orange slices on each plate.
4. For dressing, combine mayonnaise with reserved pineapple liquid. Serve with salad.

MAKES 2 SERVINGS

Hamburger Soup*
Toasted Crackers
Warm Applesauce with Sour Cream and Brown Sugar
Milk
SERVES 6 TO 8

*Recipe given for starred dish.

HAMBURGER SOUP

3 tablespoons butter or margarine	4 carrots, pared, sliced 1/4 inch thick
1 1/2 lb ground chuck	1/4 cup chopped celery tops
1 can (1 lb, 12 oz) tomatoes, undrained	1/4 cup chopped parsley
2 cans (10 1/2 oz size) condensed beef consommé, undiluted	1 bay leaf
1 can (10 1/2 oz) condensed onion soup, undiluted	1/2 teaspoon Italian seasoning
	10 black peppercorns
	2 cups water

1. Melt butter in large kettle. Add beef; cook, stirring, over medium heat, 5 minutes, or until browned.
2. Add remaining ingredients, along with 2 cups water; bring to boiling.
3. Reduce heat; simmer, covered, 45 minutes, stirring occasionally.

MAKES 6 TO 8 SERVINGS



Bouillon-In-a-Mug
Grilled Cheddar-Cheese Sandwich*
Stewed Rhubarb*
Milk
SERVES 1 OR MORE

*Recipes given for starred dishes.

GRILLED CHEDDAR-CHEESE SANDWICH (Pictured)

2 bacon slices (optional)	Soft butter or margarine
$\frac{2}{3}$ cup grated sharp Cheddar cheese	1 rye-bread slice
2 teaspoons finely chopped green pepper	2 tomato slices
$\frac{1}{2}$ teaspoon Worcestershire sauce	1 dill pickle, halved lengthwise
$\frac{1}{4}$ teaspoon dry mustard	1 large stuffed olive, halved
Dash grated onion	Parsley sprigs

1. Sauté bacon slices over medium heat until crisp. Drain well on paper towels; set aside.
2. In small bowl, lightly toss grated cheese with green pepper, Worcestershire sauce, mustard, and onion, mixing well.
3. Lightly butter the rye-bread slice, placed on a heat-resistant platter. Arrange tomato slices, over-

lapping, on the bread slice. Mound the Cheddar-cheese mixture on top, to cover the tomato slices.

4. Run under broiler, 6 inches from heat, about 3 minutes or until cheese begins to melt and is golden-brown.

5. Place bacon slices on top. Garnish with pickle slices, olive halves, and parsley sprigs. Serve warm. MAKES 1 AMPLE SERVING



STEWED RHUBARB

1 cup sugar	1 teaspoon grated lemon peel (optional)
$\frac{1}{2}$ cup water	
4 cups cut rhubarb, in 1-inch pieces (about $1\frac{3}{4}$ lb)	

1. Combine sugar with $\frac{1}{2}$ cup water in medium saucepan. Over medium heat, stir until sugar is dissolved and syrup comes to boiling.
2. Reduce heat. Add rhubarb and lemon peel; simmer, covered, 10 minutes, or until tender, not mushy.
3. Remove from heat. Let stand, covered, on wire rack until cool.

MAKES 4 TO 6 SERVINGS

Deviled Ham
and Swiss-Cheese Buns*
Fresh Pear Salad
Ice-Cream Milk Shakes*
SERVES 4

*Recipes given for starred dishes.

DEVILED-HAM AND SWISS-CHEESE BUNS

- | | |
|-------------------------|------------------------|
| 4 hamburger buns, split | |
| 4 teaspoons mayonnaise | 4 Swiss-cheese slices |
| or cooked salad | 4 thin tomato slices |
| dressing | 4 thin onion slices |
| 1 can (2½ oz) deviled | 4 large stuffed olives |
| ham | 4 sweet gherkins |

1. Spread bottom halves of buns with mayonnaise, then with deviled ham.
2. Top each with cheese slice, tomato slice, onion slice, and other half of bun.
3. Put olives and gherkins on 4 wooden picks, and stick one in each bun.

MAKES 4 SANDWICHES

ICE-CREAM MILK SHAKES

Peanut-Butter: In electric blender*, blend at high speed, for 1 minute, 1 cup milk and 2 tablespoons creamy peanut butter. Add 2 medium scoops vanilla ice cream; then blend 1 minute longer.

Strawberry: Substitute 2 tablespoons strawberry jam for peanut butter.

Raspberry: Substitute 2 tablespoons raspberry jam for peanut butter.

Pineapple: Substitute 3 tablespoons drained, canned crushed pineapple for peanut butter.

Chocolate: Substitute 1 tablespoon canned chocolate syrup for peanut butter.

Banana: Substitute ½ medium-size ripe banana, cut in small pieces, for peanut butter.

Gingersnap: Omit peanut butter. Break 6 gingersnaps into pieces. Add milk, and let soak a few minutes, until soft. Add ice cream, and continue as directed above.

MAKES 2 SERVINGS; DOUBLE RECIPE FOR 4

*All milk shakes can be made using a rotary beater or a portable electric mixer and a large bowl.



Lunches To Carry

The lunch you carry can, and should, be as appealing and satisfying as the lunch you eat at home. And if you pack a lunch for a school child, a calorie-conscious teenager, an office worker, or a husband with a man-size job and a man-size appetite, you'll find our menus and recipes not only nutritious, but highlighted with those little extras that children and grown-ups appreciate. So go ahead – prove that . . . you CAN take it with you . . .

Sliced-Chicken and Lettuce Sandwich
on Whole-Wheat Bread
Sweet Pickles
Surprise Cupcakes*
Orange or Banana
Milk

*Recipe given for starred dish.

SURPRISE CUPCAKES

- | | |
|---------------------------|------------------------|
| ½ cup shortening | 1 cup sugar |
| 1½ cups sifted cake flour | 1 egg |
| ½ cup sifted | ¾ cup milk |
| unsweetened cocoa | 1 teaspoon vanilla |
| 2½ teaspoons baking | extract |
| powder | 18 assorted surprises* |
| ¼ teaspoon salt | |

1. Preheat oven to 375F. Place paper liners in 18 (3-inch) cupcake cups.
2. Over shortening in large bowl of electric mixer, sift flour with cocoa, baking powder, salt, and sugar.
3. Add egg, milk, and vanilla.
4. At low speed, beat 30 seconds, scraping sides of bowl with rubber scraper.
5. At medium speed, beat until fluffy – about 3 minutes.
6. Spoon about 1½ tablespoons batter into each prepared cup. Top with one of surprises listed below. Then add enough batter to fill a little more than halfway.
7. Bake 15 to 17 minutes, or until surface springs back when gently pressed with fingertip. Remove to wire rack; cool completely.

MAKES 18

*Surprises: Chocolate kisses; walnut or pecan halves; canned pineapple chunks, drained; pitted dates; maraschino cherries, drained; semisweet-chocolate pieces.

Tuna Rolls*
Carrot and Cucumber Sticks
Coconut Macaroons
Hot Coffee

*Recipe given for starred dish.

TUNA ROLLS

- | | |
|--|---|
| 1 can (7 oz) chunk-style tuna, drained | 1 hard-cooked egg, chopped |
| 1/2 cup chopped celery | 1 tablespoon lemon juice |
| 1/4 cup sweet-pickle relish, drained | 1/2 teaspoon salt |
| 2 tablespoons chopped onion | 1/8 teaspoon pepper |
| 2 tablespoons chopped parsley | 1/2 cup mayonnaise or cooked salad dressing |
| | 4 lightly buttered frankfurter rolls |

1. In medium bowl, combine all ingredients, except rolls; mix well.
2. Fill rolls with tuna mixture. Refrigerate until packing in lunch box.

MAKES 4 SANDWICHES

Orange-Date-Nut Sandwich*
Carrot and Cucumber Sticks
Small Bunch of
Seedless Green Grapes
Hot Coffee

*Recipe given for starred dish.

ORANGE-DATE-NUT SANDWICHES

- | | |
|---------------------------------|----------------------------|
| 1 pkg (3 oz) soft cream cheese | 2 tablespoons orange juice |
| 1 tablespoon grated orange peel | 1/2 cup chopped pecans |
| | 8 slices date-nut bread |

1. In small bowl, mix cheese, orange peel, orange juice, and pecans.
2. Use to fill 4 sandwiches.
3. Freezer-wrap sandwiches individually; label, and freeze.
4. Remove from freezer just in time to fill lunch box (sandwiches will be thawed by lunchtime.)

MAKES 4 SANDWICHES

A Low-Calorie Lunch
to Take to Work





Blender Pea Soup*
(in a vacuum bottle)
Meat-Loaf Sandwich on Rye Bread
Hermits
Spiced Applesauce*
(in a plastic cup)
Milk

*Recipe given for starred dish.

BLENDER PEA SOUP

1/4 cup butter or margarine	1 cup milk
3 tablespoons all- purpose flour	3 cups fresh peas, cooked and drained*
5 cups chicken broth	1 tablespoon curry powder (optional)
1 chicken-bouillon cube	

1. Slowly melt butter in large saucepan.
2. Remove from heat. Add flour, stirring until smooth. Add broth and bouillon cube; bring to boiling stirring. Reduce heat, and simmer 2 minutes.
3. Place milk in blender container along with peas and curry powder. Cover; blend, at high speed, 30 seconds, or until smooth. Add to broth mixture; mix well.
4. Simmer, uncovered and stirring occasionally, about 10 minutes. Serve hot.

MAKES 2 QUARTS, 8 SERVINGS

*Or use 2 cans (1-lb size) peas, drained; or 2 packages (10-oz size) frozen peas, cooked according to package label directions, and drained.

SPICED APPLESAUCE

2 lb tart cooking apples	1 teaspoon lemon juice
1/2 cup water	1/4 teaspoon ground cinnamon
1/2 to 2/3 cup sugar (depending on tartness of apples)	1/8 teaspoon ground nutmeg

1. Wash, core, and pare apples; cut into quarters. Measure about 7 1/2 cups.
2. In medium saucepan, bring 1/2 cup water to boiling. Add apples; bring to boiling.
3. Reduce heat; simmer, covered, 20 to 25 minutes; stir occasionally. Add more water, if needed.
4. Stir in remaining ingredients until well combined. Serve warm or cold.

MAKES ABOUT 3 CUPS

Egg-Salad Roll*
Cherry Tomatoes
Brownies
Packet of Dried Apricots and Prunes
Milk

*Recipe given for starred dish.

EGG-SALAD ROLLS

3 hard-cooked eggs, chopped	1 teaspoon juice from olives
1 tablespoon mayonnaise or cooked salad dressing	1/2 teaspoon salt
1 tablespoon French dressing	1/8 teaspoon prepared horseradish
2 tablespoons chopped stuffed green olives	4 frankfurter rolls, lightly buttered
	4 lettuce leaves

1. Combine eggs with mayonnaise, French dressing, olives and juice, salt, and horseradish; stir until well mixed.
2. Use to fill rolls. Wrap each in waxed paper. (Wrap lettuce separately, to be added to rolls just before eating.)
3. Keep rolls and lettuce refrigerated until packing in lunch box.

MAKES 4 ROLLS

Tomato Soup with Cheddar-Cheese Cubes*
(in a vacuum bottle)
Baked Ham Sandwich on Rye Bread
with Dill Pickle Slices
Wedge of Fresh Melon

*Recipe given for starred dish.

TOMATO SOUP WITH CHEDDAR-CHEESE CUBES

1 can (10 1/2 oz) condensed tomato soup, undiluted	1 soup can milk
	1/2 cup cubed sharp Cheddar cheese

1. Combine soup and milk in medium saucepan; bring to boiling point, stirring.
2. Add cheese cubes; heat 1 minute longer.

MAKES 2 SERVINGS



Peanut-Butter 'n' Bacon Sandwich *

Celery Hearts
Small Box of Raisins
Gingerbread
(from a mix)
Chocolate Milk

* Recipe given for starred dish.

PEANUT-BUTTER 'N' BACON SANDWICHES

1/2 cup creamy or chunk- style peanut butter	2 tablespoons mayonnaise or cooked salad dressing
1/2 cup chopped crisp- cooked bacon	12 slices white or whole- wheat bread, lightly buttered
3 tablespoons sweet- pickle relish, drained	
2 tablespoons chopped stuffed olives	

1. Combine all ingredients, except bread; mix well.
2. Use to fill 6 sandwiches. Cut in quarters; put in sandwich bags.
3. Keep refrigerated until packing in lunch box.

MAKES 6 SANDWICHES

Deviled-Egg Sandwich *

Radishes and Raw Cauliflowerets
Apple
Milk

* Recipe given for starred dish.

DEVILED-EGG SANDWICHES

10 white-bread slices	1 tablespoon chopped parsley
Soft butter or margarine	2 tablespoons chopped pimiento
5 hard-cooked eggs, finely chopped	2 teaspoons cider vinegar
1 teaspoon prepared mustard	1/4 cup mayonnaise or cooked salad dressing
1/4 teaspoon onion salt	
1/8 teaspoon bottled steak sauce	

1. Spread bread slices lightly with butter.
2. Combine eggs and rest of ingredients, tossing with fork until well mixed.
3. Use to fill 5 sandwiches. Keep refrigerated until packing in lunch box.

MAKES 5 SANDWICHES

Cooking for Two

If there are just two of you, and you are stymied or bored, at times, by the limitations imposed upon a small family's menus, if you fervently wish that someone would invent a miniature turkey or prime ribs of beef or leg of lamb, or something that didn't entail endless leftovers, well, we do the next best thing — provide you with a variety of dinner menus and cut-to-size recipes, all of them interesting, and some even on the gourmet side!

Tangy Tomato-Juice Cocktail*
Savory Skillet Lamb Chops*
Spinach
Browned Potatoes
Toasted Garlic-Bread Strips*
Cinnamon-Glazed Baked Apples*
Coffee or Tea

* Recipes given for starred dishes.

TANGY TOMATO-JUICE COCKTAIL

2 cans (5 1/2 oz size) tomato juice	2 lemon wedges 2 parsley sprigs
1/2 teaspoon Worcestershire sauce	

1. Combine tomato juice and Worcestershire, mixing well. Refrigerate until well chilled — about 1 hour.
 2. Just before serving, pour into 2 chilled glasses. Garnish each with lemon wedge and parsley sprig.
- MAKES 2 SERVINGS

SAVORY SKILLET LAMB CHOPS

2 teaspoons salad oil	1/2 teaspoon dried oregano leaves
2 shoulder lamb chops (1 lb)	1 teaspoon instant minced onion
1/4 teaspoon salt	1 teaspoon lemon juice
1/8 teaspoon pepper	1/2 cup water

1. Slowly heat salad oil in skillet with tight-fitting lid. Add chops; brown well on both sides — about 5 minutes in all.
2. Add rest of ingredients along with 1/2 cup water, mixing well; bring to boiling. Reduce heat; simmer, covered, 40 minutes, or until chops are tender. (Add more water if necessary.)

MAKES 2 SERVINGS

TOASTED GARLIC-BREAD STRIPS

2 tablespoons butter or margarine, melted 1/4 teaspoon garlic salt
4 white-bread slices

1. Preheat oven to 300F.
2. Combine butter with garlic salt. Brush on one side of each bread slice. Cut each slice into 3 strips.
3. Place strips, buttered sides up, on ungreased cookie sheet; bake 30 minutes. Serve hot.

MAKES 12

CINNAMON-GLAZED BAKED APPLES

Glaze
1/2 cup sugar
2 tablespoons cinnamon candies
1/2 cup water

2 large baking apples (about 1 lb)
1 teaspoon lemon juice
1/2 teaspoon butter or margarine

1. Preheat oven to 375F. Lightly grease a small baking dish.
2. **Make Glaze.** In small saucepan, combine sugar and cinnamon candies with 1/2 cup water; bring to boiling, stirring until sugar dissolves. Reduce heat, simmer, uncovered, 2 minutes. Remove from heat.
3. Pare each apple one third way down side. Core apples, leaving bottom intact.
4. Brush apples with lemon juice; arrange in baking dish. Dot centers with butter; brush generously with some of glaze.
5. Bake apples, uncovered, 1 hour, brushing frequently with rest of glaze. Serve warm or cold, with cream, if desired.

MAKES 2 SERVINGS

Orange-Glazed Stuffed Pork Chops*
Buttered White Rice
Zucchini-and-Tomato Salad*
Hot French Bread
Fruit in Port with Cheese Tray
Coffee or Tea

* Recipes given for starred dishes.

ORANGE-GLAZED STUFFED PORK CHOPS

2 double loin pork chops, with pocket (about 1 lb)
Stuffing
1/4 cup prepared stuffing mix
3/4 teaspoon finely chopped parsley
1/2 teaspoon grated orange peel
1/4 teaspoon salt
1/4 teaspoon Worcestershire sauce

1/8 teaspoon pepper
2 tablespoons boiling water

Glaze
1/4 cup orange juice
2 tablespoons light-brown sugar
2 tablespoons orange marmalade
1 tablespoon cider vinegar

1. Preheat oven to 375F. Wipe chops well with damp paper towels.

2. **Make Stuffing.** In small bowl, combine stuffing mix, parsley, orange peel, salt, Worcestershire, pepper and water. Toss lightly until well mixed. Use to stuff chops.

3. Place chops in small, shallow baking pan; bake 15 minutes. Turn, and bake 15 minutes longer.

4. **Meanwhile, make Glaze.** Combine all ingredients in small saucepan, mixing well. Bring to boiling, stirring. Reduce heat; simmer, uncovered, 10 minutes, stirring occasionally.

5. Brush chops with some of glaze. Bake 30 minutes longer, brushing with rest of glaze every 10 minutes.

MAKES 2 SERVINGS

ZUCCHINI-AND-TOMATO SALAD

1/2 cup diced raw zucchini
1/2 cup diced peeled tomato
1/4 cup mayonnaise or cooked salad dressing
1 tablespoon chopped chives

1 teaspoon prepared mustard
1/2 teaspoon salt
1/8 teaspoon pepper
Crisp salad greens

1. In medium bowl, combine ingredients except greens; mix gently.

2. Refrigerate at least 1 hour, stirring occasionally. Serve on salad greens.

MAKES 2 SERVINGS

Spaghetti and Meatballs*
Tossed Salad
with Italian Dressing
Hot French Bread
Pineapple Slices with Coconut*
Coffee or Tea

* Recipes given for starred dishes.

SPAGHETTI AND MEATBALLS

1/2 lb ground chuck
1/2 cup fresh bread crumbs
1 egg, slightly beaten
1/2 teaspoon salt
Dash pepper
1 tablespoon salad oil
1 tablespoon chopped onion

1 can (8 oz) tomato sauce
1/4 teaspoon dried oregano leaves
2 tablespoons water
1/2 pkg (8-oz size) spaghetti
Grated Parmesan cheese

1. In medium bowl, toss chuck with bread crumbs, egg, salt, and pepper, to combine. With moistened hands, shape mixture into 6 balls.

2. Slowly heat oil in medium saucepan. Add meatballs; sauté, turning, until meatballs are browned all over – about 5 minutes.
3. Drain off fat from saucepan. Add onion; cook 2 minutes.
4. Add tomato sauce, oregano, and 2 tablespoons water, mixing well; bring to boiling. Reduce heat; simmer, covered, stirring occasionally, 15 to 20 minutes, or until meatballs are tender.
5. Simmer, uncovered, 5 minutes longer.
6. Meanwhile, cook spaghetti as package label directs; drain. Serve spaghetti with meatballs and sauce spooned over. Sprinkle top with Parmesan cheese.

MAKES 2 SERVINGS

PINEAPPLE SLICES WITH COCONUT

- | | |
|--|---------------------------------|
| 1 can (8½ oz) pineapple
slices, chilled | 2 tablespoons flaked
coconut |
|--|---------------------------------|

1. Arrange pineapple slices in 2 dessert dishes; spoon some of liquid over them.
2. Sprinkle each with 1 tablespoon coconut.

MAKES 2 SERVINGS



Swedish Meatballs*
with Dilled Noodles*

Marinated Tomatoes and Cucumber
Salad Bowl

Poppy-Seed Rolls*

Lemon Sherbet with Raspberry-Rum Sauce*
Coffee or Tea

* Recipes given for starred dishes.

SWEDISH MEATBALLS

- | | |
|------------------------------------|---|
| ¾ lb ground chuck | ½ cup heavy cream |
| ½ teaspoon salt | ½ cup water |
| ½ teaspoon pepper | 1 beef-bouillon cube,
crumbled |
| ¼ teaspoon Worcestershire
sauce | ¼ teaspoon liquid gravy
seasoning |
| ¼ teaspoon dried thyme
leaves | 1 tablespoon chopped
fresh dill (optional) |
| ½ cup butter or
margarine | |
| 1½ teaspoons all-
purpose flour | |

1. Preheat oven to 350F.
2. In medium bowl, lightly toss chuck with salt, ¼ teaspoon pepper, Worcestershire, and thyme, mixing well. Gently shape into 18 balls.
3. In hot butter in large skillet, sauté meatballs until

browned on all sides. Remove skillet from heat; then place the meatballs in 2-quart casserole.

4. Remove all but 1 tablespoon drippings from skillet; stir in flour until smooth. Gradually stir in cream and ½ cup water; bring to boiling, stirring.

5. Add bouillon cube, meat-extract paste, gravy seasoning, and remaining pepper. Simmer, uncovered, 3 minutes, stirring occasionally. Pour over meatballs.

6. Bake, covered, 25 minutes, or until meatballs are tender. Sprinkle with dill. Serve over Dilled Noodles, below.

MAKES 2 SERVINGS

DILLED NOODLES

- | | |
|-----------------------|-------------------------------------|
| 1 teaspoon salt | 2 tablespoons chopped
fresh dill |
| 1½ cups broad noodles | |
| ½ cup cottage cheese | Dash pepper |

1. In 2-quart saucepan, bring 1 quart water and the salt to boiling.
2. Gradually pour in noodles; water should not stop boiling. Boil, uncovered and stirring occasionally, 10 to 12 minutes, or until noodles are tender.
3. Drain noodles; return to hot saucepan.
4. Add cheese, dill, and pepper, tossing lightly to combine. Reheat gently.

MAKES 2 SERVINGS

POPPY-SEED ROLLS

- | | |
|---|-------------------------|
| 1 pkg (8.6 oz) refrigerated
butter-flake rolls | 1 tablespoon poppy seed |
|---|-------------------------|

1. Preheat oven to 375F. Separate dough into 6 rolls.
2. Dip top of each in poppy seed, coating well.
3. Bake as package label directs.

MAKES 6

Note: To reheat rolls, place in preheated 250F oven 10 to 15 minutes.

LEMON SHERBET WITH RASPBERRY-RUM SAUCE

- | | |
|--|----------------------------|
| 1 pkg (10 oz) thawed
frozen raspberries,
undrained | 1¼ teaspoons
cornstarch |
| | ¼ cup white rum |
| | ½ pint lemon sherbet |

1. In medium saucepan, mix raspberries with cornstarch until smooth. Bring to boiling, stirring constantly. Reduce heat, and simmer, stirring occasionally, 5 minutes.
2. Let cool; then refrigerate 1 hour.
3. Just before serving, stir rum into sauce.

MAKES 2 SERVINGS

Curry-Broiled Chicken*
 Fruited Rice Pilaf*
 Buttered Green Beans*
 Sesame Rolls*
 Marinated-Mushroom Salad*
 Cold Lemon Soufflé*
 Champagne

*Recipes given for starred dishes.

CURRY-BROILED CHICKEN **(Pictured below)**

2-lb broiler-fryer, split in half	1 teaspoon curry powder
1/2 cup butter or margarine, melted	1/2 teaspoon salt
	Dash pepper

1. Wipe chicken with damp paper towels. With long skewers, secure wings and legs of chicken close to body.
2. Place chicken, skin side down, in broiler pan, without rack. Brush surface with 1/4 cup of the melted butter.
3. Broil chicken, 8 inches from heat, 15 minutes, or until browned, brushing every 5 minutes with drippings.

4. Turn chicken skin side up. Brush with pan drippings; broil 5 minutes longer. Meanwhile, in small bowl, combine the rest of the butter with curry, salt, and pepper.

5. Brush chicken again, using half the curry butter.

6. Broil chicken 5 minutes more. Then brush with rest of curry-butter mixture; broil 5 minutes longer or until nicely browned and chicken is crisp and tender.

7. To serve, carefully remove skewers from the chicken. Place each half on a serving plate.

MAKES 2 SERVINGS

FRUITED RICE PILAF **(Pictured below)**

2/3 cup cold water	1 can (8 3/4-oz size) fruit cocktail, drained
1/2 teaspoon salt	
2/3 cup packaged precooked rice	1 tablespoon butter or margarine

1. Bring 2/3 cup cold water and salt to boiling, covered. Remove from heat. Add the rice; let stand, covered, 5 minutes.

2. Fluff up rice with a fork. Gently toss with the fruit.

3. Reheat gently; toss with butter.

MAKES 2 SERVINGS



BUTTERED GREEN BEANS (Pictured below)

1 pkg (9 oz) frozen whole green beans	1/4 teaspoon salt
1 tablespoon butter or margarine	1/8 teaspoon pepper
	Dash ground nutmeg

1. Cook beans as package label directs. Drain very well.
2. Add butter, salt, pepper, and nutmeg; toss lightly to combine.

MAKES 2 GENEROUS SERVINGS

SESAME ROLLS

2 brown-and-serve club rolls	2 tablespoons sesame seed
2 tablespoons soft butter or margarine	

1. Preheat oven to 425F.
2. Split rolls in half lengthwise. Spread cut sides with butter; then dip into sesame seed.
3. Place on ungreased cookie sheet. Bake 10 to 15 minutes, or until crisp and golden. Serve hot.

MAKES 4



MARINATED-MUSHROOM SALAD (Pictured below)

10 small whole mushroom caps	1 tablespoon finely chopped parsley
	1 clove garlic, crushed
Marinade	1/4 teaspoon salt
1/4 cup salad oil	1/4 teaspoon sugar
1/4 cup cider vinegar	
1 tablespoon finely chopped onion	Boston-lettuce leaves
	Watercress sprigs

1. Wash mushroom caps well. Dry on paper towels.
2. In medium bowl, combine all ingredients for marinade. Toss mushroom caps with marinade, coating well.
3. Refrigerate, covered, at least 1 1/2 hours.
4. To serve: Arrange lettuce and watercress on 2 salad plates. With slotted spoon, remove mushroom caps from marinade. Place 5 on each salad plate. Pour over remaining marinade, if desired.

MAKES 2 SERVINGS



COLD LEMON SOUFFLÉ

- | | |
|--------------------------------|-------------------------------------|
| 1/4 cup milk | 2 egg whites |
| 2 tablespoons sugar | 1/8 teaspoon cream of tartar |
| 2 egg yolks, well beaten | 1/4 cup heavy cream, whipped |
| 1 teaspoon unflavored gelatine | 2 tablespoons finely chopped pecans |
| 3 tablespoons lemon juice | |
| 3/4 teaspoon grated lemon peel | |

1. Lightly grease bottoms and sides of 2 (4-oz) individual soufflé dishes.
 2. Make paper collars: For each soufflé dish, tear sheet of waxed paper 10 inches long. Fold lengthwise into thirds; lightly grease one side. With string, tie collar (buttered side inside) around top edge, to form rim 2 inches above dish.
 3. Heat milk and sugar in small saucepan, just until sugar is dissolved.
 4. Remove from heat. Gradually add mixture to egg yolks, in small bowl, beating constantly with fork. Let cool.
 5. In custard cup, sprinkle gelatine mixture over lemon juice. Let stand 5 minutes to soften. Set in pan of hot water; stir until gelatine dissolves. Stir in lemon peel.
 6. Add gelatine mixture to egg-milk mixture, mixing well. Refrigerate until consistency of unbeaten egg white – about 30 minutes.
 7. In medium bowl, with portable electric mixer at high speed, beat egg whites with cream of tartar until stiff peaks form when the beater is slowly raised.
 8. With rubber spatula, using an under-and-over motion, fold gelatine mixture and whipped cream into egg whites until well combined.
 9. Turn mixture into soufflé dishes. Refrigerate until firm – about 2 hours.
 10. Before serving, gently remove collars. Press nuts against side of each soufflé.
- MAKES 2 SERVINGS



Broiled Bass with Grilled Tomato*
 Buttered New Potatoes
 Tossed Green Salad
 Hot Rolls
 Baked Custard for Two*
 Cookies
 Coffee or Tea

*Recipes given for starred dishes.

BROILED BASS WITH GRILLED TOMATO

- | | |
|----------------------------------|-------------------------------------|
| 1 1/2 lb whole sea bass, dressed | 1/4 cup butter or margarine, melted |
| 1 large tomato, halved | 1 teaspoon salt |
| | 1/4 teaspoon pepper |

1. Wash bass; pat dry with paper towels. With sharp knife, make 2 gashes, 1/4 inch deep, on each side. Arrange fish and tomato halves on well-oiled broiler rack.
 2. Combine butter with salt and pepper. Use some of butter mixture to brush tomato halves and fish.
 3. Broil, 5 inches from heat, 10 minutes, brushing occasionally with butter mixture. Turn fish; brush with rest of butter mixture; broil 5 minutes longer.
- MAKES 2 SERVINGS

BAKED CUSTARD FOR TWO

- | | |
|------------------------|------------------------------|
| 1 egg, slightly beaten | 3/4 teaspoon vanilla extract |
| Dash salt | |
| 3 tablespoons sugar | Dash ground nutmeg |
| 1 cup milk | |

1. Preheat oven to 350F.
 2. Beat egg with salt, sugar, milk, and vanilla just until combined. Turn into 2 (6-oz) ungreased custard cups. Sprinkle each with nutmeg.
 3. Set in pan containing 1 inch hot water; bake 30 to 35 minutes, or until knife inserted in center comes out clean.
 4. Let cool; then refrigerate until well chilled.
- MAKES 2 SERVINGS

Hot Buttered Tomato Juice
 Toasted Crackers
 New England Boiled Dinner for Two*
 (Corned Beef and Cabbage, Carrots
 and Potatoes)
 Horseradish Sauce
 Pumppernickel Bread Butter
 Tapioca Pudding
 Tea Coffee

*Recipe given for starred dish.

NEW ENGLAND BOILED DINNER

- | | |
|--------------------------|--|
| 2-lb corned-beef brisket | 2 medium carrots, pared and quartered |
| 1 small onion, halved | |
| 1 clove garlic | 1/2 small head cabbage (1/2 lb), cut into 2 wedges |
| 5 black peppercorns | |
| 1 whole clove | 6 very small potatoes (1/2 lb), pared |
| 1 bay leaf | |

1. Wash corned beef. Place in 5-quart kettle; cover

with cold water. Add onion, garlic, peppercorns, clove and bay leaf.

2. Bring to boiling. Reduce heat and simmer, covered, 1½ hours, or until fork-tender.

3. Add carrots; cook 20 minutes. Add cabbage and potatoes; cook 15 minutes longer, or until vegetables are tender.

MAKES 2 GENEROUS SERVINGS

Chicken Livers and Mushrooms in White Wine*

Buttery White Rice Tossed Green Salad

Buttered Hot Rolls

Orange Sherbet With Pineapple

Tea Coffee

* Recipe given for starred dish.

CHICKEN LIVERS AND MUSHROOMS IN WHITE WINE

3 slices bacon	1/3 cup dry white wine
1/4 cup finely chopped onion	1/2 teaspoon salt
	Dash pepper
1 jar (2½ oz) sliced mushrooms, drained	Dash hot red-pepper sauce
1/2 lb chicken livers, quartered	Hot buttered rice

1. Sauté bacon until crisp. Remove and drain on paper towels. Crumble; set aside.

2. In hot bacon drippings, sauté onion until tender – about 5 minutes. Add mushrooms and chicken livers; sauté until they are golden-brown – about 5 minutes.

3. Add wine, salt, pepper and red-pepper sauce; simmer, covered, 2 to 3 minutes. Serve over rice. Sprinkle crumbled bacon over top.

MAKES 2 SERVINGS

Cranberry-Juice Spritzer Mustard-Glazed Pork Butt*

Individual Bean Pots*

Creamy Coleslaw

Brown Bread Butter

Deep-Dish Apple Pies*

Coffee Tea

* Recipes given for starred dishes.

MUSTARD-GLAZED PORK BUTT

1½ -lb smoked boneless pork butt	1 tablespoon prepared mustard
1/2 cup orange marmalade	

1. Place pork in a 3-quart kettle; add cold water to cover. Bring to boiling; reduce heat and simmer, covered, 1 hour and 15 minutes, or until tender.

2. Preheat oven to 400F. Remove pork to shallow baking pan. In small bowl, combine marmalade and mustard; spread over ham.

3. Bake 10 minutes, or until nicely glazed.

MAKES 2 GENEROUS SERVINGS, WITH LEFTOVERS

INDIVIDUAL BEAN POTS

1 can (1 lb) pork and beans in tomato sauce	1 teaspoon prepared mustard
1 tablespoon catsup	1/2 teaspoon
2 tablespoons molasses	Worcestershire sauce

1. Preheat oven to 350F.

2. In a medium bowl, combine all of the ingredients, and mix well. Spoon mixture into two 8-ounce bean pots or two 10-ounce baking dishes.

3. Bake, uncovered, 35 to 40 minutes, or until bubbling hot.

MAKES 2 SERVINGS

DEEP-DISH APPLE PIE

2 medium apples (¾ lb)	2 teaspoons butter or margarine
Sugar	
1 tablespoon all-purpose flour	1/4 pkg (11-oz size) piecrust mix (1/3 cup, firmly packed)
1/2 teaspoon ground cinnamon	1 tablespoon cold water
Dash ground nutmeg	Milk
Dash ground allspice	

1. Preheat oven to 400F. Wash the apples; then pare and core them. Thinly slice the apples into medium bowl. Stir in ¼ cup sugar, the flour, cinnamon, nutmeg and allspice. Mix thoroughly.

2. Divide apple mixture evenly between two 10-ounce soufflé dishes or baking dishes. Dot mixture with butter or margarine.

3. Prepare piecrust mix, following directions on package label, using 1 tablespoon cold water. Shape into a ball; divide ball in half. On lightly floured surface, roll out each half evenly into a 6-inch circle.

4. Fit pastry over top of soufflé dishes, turning edges under; crimp edges. Make several slits in center for steam vents. Brush each with milk, and sprinkle each with ½ teaspoon sugar.

5. Bake about 30 minutes, or until apple is tender and crust has turned a golden-brown.

MAKES 2 SERVINGS



Pork Chops with Red Cabbage*
 Green Salad
 Cornbread
 Pears in Port
 Coffee

*Recipe given for starred dish.

PORK CHOPS WITH RED CABBAGE

2 loin or rib pork chops (1-inch thick)	1 jar (1 lb) sweet-and-sour red cabbage, drained
2 tablespoons packaged dry bread crumbs	1/2 tart red apple, sliced
3/4 teaspoon salt	1/4 cup red wine
1/4 teaspoon pepper	2 tablespoons currant jelly
3 tablespoons butter or margarine	Salt

1. Wipe chops with damp paper towels. Pound chops on both sides with edge of saucer, to flatten.
2. Mix bread crumbs with 3/4 teaspoon salt and the pepper. Use to coat chops evenly on each side.
3. In hot butter in medium skillet, brown pork chops, turning on each side, until golden-brown – 15 to 20 minutes. Remove pork chops. Drain off fat.
4. To drippings remaining in skillet, add red cabbage, apple, wine, currant jelly and salt to taste; mix well. Bring just to boiling; place pork chops on top of red-cabbage mixture; simmer, covered, 20 minutes.

MAKES 2 SERVINGS

Wiener Schnitzel*
 Hashed Brown Potatoes
 Green Peas
 Baked Apples With Cream
 Beer Coffee

*Recipe given for starred dish.

WIENER SCHNITZEL

2 large veal scallops (about 1/2 lb)	3 tablespoons butter or margarine
2 tablespoons all- purpose flour	1 lemon
1 teaspoon salt	4 anchovies
1/4 teaspoon pepper	2 tablespoons capers, drained
1 egg, beaten	
1/4 cup packaged dry bread crumbs	

1. Wipe veal with damp paper towels. Pound veal with edge of saucer until about 1/4 inch thick.
2. On waxed paper, mix flour with salt and pepper. Coat veal evenly with flour mixture; then dip in beaten egg, and roll in waxed paper. Veal should be

evenly and completely coated.

3. In hot butter in skillet, sauté veal, about 3 minutes on each side, or until golden-brown.

4. Place on serving platter. Cut 2 slices from lemon. Squeeze juice from rest of lemon over veal. Decorate each with a lemon slice. Place 2 anchovies, crisscross, on each lemon slice, and fill in spaces on each lemon slice with a tablespoon of capers.

MAKES 2 SERVINGS

Chicken Breasts in Mustard Sauce*
 Buttered New Potatoes
 Broccoli Amandine
 Tomatoes and Cucumbers Vinaigrette
 Toasted English Muffins
 Peaches With Raspberry Sauce
 Coffee

*Recipe given for starred dish.

CHICKEN BREASTS IN MUSTARD SAUCE

2 tablespoons butter or margarine	1 shallot or small onion, chopped
1 shallot or small onion, chopped	1/2 teaspoon dried oregano leaves
1 tablespoon chopped parsley	1 tablespoon all-purpose flour
2 small chicken breasts (about 1 lb), halved, skinned and boned	1/2 cup light cream
1 teaspoon salt	1/2 tablespoon lemon juice
1/8 teaspoon pepper	1 tablespoon prepared mustard
	1 teaspoon dry mustard

Mustard Sauce

2 tablespoons butter or margarine	1/2 teaspoon salt
	1/2 cup canned chicken broth

1. In 2 tablespoons hot butter in large skillet, sauté 1 shallot and the parsley several minutes. Add chicken breasts; sauté, turning once, until nicely browned on both sides – about 10 minutes. Sprinkle chicken breasts with 1 teaspoon salt and the pepper. Reduce heat and cook, covered, about 10 minutes longer.

2. **Meanwhile, Make Mustard Sauce.** In 2 tablespoons hot butter in medium saucepan, sauté shallot and oregano, stirring, several minutes. Remove from heat; stir in flour.

3. In small bowl, combine cream, lemon juice, both kinds of mustard, salt and chicken broth; stir into saucepan.

4. Cook over medium heat, stirring, 3 minutes.

5. Place chicken breasts in shallow heatproof dish. Pour mustard sauce over top. Place under broiler a few minutes to glaze top.

MAKES 2 SERVINGS

Fillet of Flounder au Gratin*
 Buttered Broccoli Spears
 Tomatoes and Cucumbers Vinaigrette
 Mashed Potatoes*
 Hot Buttered Rolls
 Coffee or Tea

*Recipe given for starred dish.

FILLET OF FLOUNDER AU GRATIN

Mashed Potatoes, below	3 tablespoons packaged
$\frac{3}{4}$ lb flounder fillets (four)	dried bread crumbs
Salt	3 tablespoons sliced
Pepper	almonds, chopped
3 tablespoons butter or	$\frac{1}{2}$ cup light cream
margarine, melted	$\frac{1}{4}$ cup sliced almonds

1. Make Mashed Potatoes.
2. Preheat oven to 425F. Lightly butter a 9-inch pie plate or a shallow oven-proof serving dish.
3. Wash fillets. Dry on paper towels. Sprinkle with salt and pepper. Fold fillets in half, dark side inside. Arrange in dish in single layer.
4. Make paste of butter, bread crumbs, chopped almonds and 3 tablespoons cream. Spread evenly on top of fish. Sprinkle with sliced almonds. Pour remaining cream around fish.

5. Using a pastry bag with a number-5 tip, pipe potatoes around edge of fish.
6. Bake fish 20 minutes, or until fish flakes easily when pierced with fork and potatoes are nicely browned.

MAKES 2 SERVINGS

MASHED POTATOES

4 medium potatoes ($1\frac{1}{4}$ lb)	$\frac{1}{2}$ cup milk
Boiling water	2 tablespoons butter or
2 teaspoons salt	margarine
	1 egg yolk

1. Pare potatoes; cut in quarters. Cook in 1 inch boiling water with the salt, covered, until tender – 20 minutes. Drain well; return to saucepan.
2. Heat slowly, stirring, over low heat, to dry out – about 5 minutes. Beat with portable electric mixer until smooth.
3. In saucepan, heat milk and butter until butter melts – don't let milk boil.
4. Gradually beat in hot milk mixture until potatoes are smooth, light and fluffy. Beat in egg yolk.

MAKES 2 SERVINGS

Family Dinners

—Good enough for Company

A family dinner should be interesting, nutritious, and economical. And our dinner menus for a week are just that. They include such company touches as hot breads and biscuits, flavorful side dishes, and desserts to remember.

Honey Pork Chops*
 Scalloped Potatoes
 (from a package)
 Nutmeg-Buttered Carrots*
 Marinated Asparagus Spears
 with French Dressing
 Corn Muffins
 Apricot-Lemon Molds*
 Coffee Milk
 SERVES 6

*Recipes given for starred dishes.

HONEY PORK CHOPS

6 loin, rib or shoulder	$\frac{1}{8}$ teaspoon pepper
pork chops (about $2\frac{1}{2}$ lb)	1 can (6 oz) frozen orange
1 tablespoon prepared	juice concentrate,
mustard	thawed and undiluted
$\frac{1}{3}$ cup honey	
$1\frac{1}{2}$ teaspoons salt	

1. Slowly heat large, heavy skillet. Wipe chops with damp paper towels.
2. In hot skillet, brown chops well – about 10 minutes on each side. Remove to 3-quart casserole.
3. Meanwhile, preheat oven to 350F.
4. Combine remaining ingredients; pour over chops.
5. Bake, covered, about 1 hour, or until chops are tender. Serve with sauce spooned over.

MAKES 6 SERVINGS

NUTMEG-BUTTERED CARROTS

2 lb carrots, thinly sliced 1½ teaspoons sugar
 ½ teaspoon salt 2 tablespoons butter or
 ½ teaspoon ground margarine
 nutmeg

1. Bring 1 inch water to boiling in medium saucepan.

2. Add all ingredients; simmer, covered, 15 minutes, or until carrots are tender.

MAKES 6 SERVINGS



APRICOT-LEMON MOLDS

½ cup boiling water 1 egg white
 1 pkg (3 oz) lemon- ½ cup heavy cream
 flavored gelatin 1 tablespoon
 1 can (12 oz) apricot confectioners' sugar
 nectar 1 tablespoon sherry
 1½ teaspoons grated (optional)
 lemon peel 6 pecan halves

1. In small bowl, pour boiling water over gelatin; stir to dissolve gelatin. Add apricot nectar and lemon peel; mix well.

2. Refrigerate until mixture is consistency of unbeaten egg white – about 40 minutes.

3. In small bowl of electric mixer, at high speed, beat egg white just until soft peaks form when beater is slowly raised.

4. With rubber spatula, fold gelatin mixture into egg white. Beat, at high speed, until light and fluffy.

5. Pour the egg-white mixture into 6 sherbet dishes. Refrigerate until firm – about 1 hour.

6. To serve: Beat heavy cream just until stiff. Fold in sugar and sherry, if desired. Garnish each serving with whipped cream and a pecan half.

MAKES 6 SERVINGS

Chicken Liver Omelet*
 Buttered Broccoli
 Sliced-Tomato-and-Avocado Salad
 Assorted Hot Rolls
 Frozen Peach Yogurt
 Milk Tea

*Recipes given for starred dishes.

CHICKEN LIVER OMELET (Pictured)

Puffy Omelet 3 tablespoons margarine
 6 egg whites (¾ cup) ½ cup sliced onion
 6 egg yolks 1 teaspoon all-purpose
 ¼ teaspoon cream of flour
 tartar 1 can (8 oz) tomatoes
 ¼ teaspoon salt ½ cup dry white wine
 ½ teaspoon dry mustard 2 teaspoons chopped
 Dash pepper parsley
 ⅓ cup milk ½ teaspoon salt
 2 teaspoons salad oil ½ teaspoon Worcester-
 2 tablespoons margarine shire sauce

Chicken-Liver Filling

1 lb chicken livers

1. Separate eggs, placing whites in a large bowl, yolks in a small bowl. Let whites warm to room temperature, 1 hour. Preheat oven to 350F.

2. With portable mixer at high speed, beat whites with cream of tartar just until stiff peaks form when beater is slowly raised. Using same beater, beat yolks until thick and lemon-colored. Add ¼ teaspoon salt, the mustard and pepper. Gradually add milk; beat until blended.

3. With wire whisk or rubber spatula, using under-and-over motion, gently fold yolk mixture into whites to combine.

4. Slowly heat a 10- or 11-inch heavy skillet with a heat-resistant handle. Test temperature: Sprinkle with a little cold water; it will roll off in drops. Heat oil and 2 tablespoons margarine to sizzling – do not brown; tilt pan to coat side. Spread egg mixture evenly in pan.

5. Cook over low heat, without stirring, until lightly browned on underside – 1 to 2 minutes. Transfer skillet to oven; bake, uncovered, 10 to 15 minutes, or until golden-brown and top seems firm when gently pressed.

6. **Meanwhile, make Chicken-Liver Filling.** Wash chicken livers; drain on paper towels. Cut each in half.

7. In hot margarine in large skillet, quickly brown chicken livers – about 5 minutes. Remove as browned.

8. Add onion to skillet; sauté until golden – 5 minutes. Remove from heat.

9. Stir in flour, tomatoes, wine, parsley, salt and Worcestershire; simmer, stirring frequently, about 5 minutes. Add chicken livers; simmer 5 minutes longer.

10. Serve immediately, right from skillet. Cut omelet into wedges; spoon chicken livers over each serving.

MAKES 6 SERVINGS



Chicken Liver Omelet

Corned Beef and Cabbage*
Quick Mustard Sauce*
Parsley-Buttered Boiled Potatoes
Cornbread Squares
(from a mix)
Dill Pickles
Vanilla Ice Cream with
Maple Syrup
Coffee Milk
SERVES 6 TO 8

*Recipes given for starred dishes.





CORNEB BEEF AND CABBAGE (Pictured)

4-to 5-lb corneb-beef brisket	10 black peppercorns
1 medium clove garlic	2 bay leaves
1 medium yellow onion, halved	1/4 teaspoon mustard seed
2 whole cloves	1 medium head cabbage, cut into wedges

1. Wipe corneb beef well with damp paper towels. Place in large kettle; cover with cold water. Add all ingredients, except cabbage.
2. Bring to boil. Reduce heat; simmer 5 minutes. Skim.
3. Cover; continue to simmer 3 to 4 hours, or until fork-tender
4. Add cabbage last 15 minutes.
5. To serve: Remove corneb beef and cabbage from liquid. Slice corneb beef; arrange on platter with cabbage wedges. Serve with Quick Mustard Sauce, below.

MAKES 6 TO 8 SERVINGS

QUICK MUSTARD SAUCE

2 eggs	1/3 cup light brown sugar, firmly packed
3/4 cup cider vinegar	1/4 cup granulated sugar
1 1/2 tablespoons butter or margarine	1/4 cup prepared mustard

1. Beat egg slightly, and mix with remaining ingredients in medium saucepan. Stir over low heat until just thickened.

2. Serve with Corneb Beef and Cabbage.

MAKES ABOUT 1 1/2 CUPS



Glazed Meat Loaves*
 Baked Potatoes*
 Buttered Broccoli
 Sunshine Salad, page 13
 Apple Pie with Ice Cream
 Coffee Milk
 SERVES 4

* Recipes given for starred dishes.

GLAZED MEAT LOAVES

1 egg	1½ lb ground chuck
1 can (6 oz) evaporated milk, undiluted	Glaze
1 cup soft white-bread crumbs	6 tablespoons apricot jam
2 teaspoons salt	1 teaspoon lemon juice
¼ teaspoon pepper	
1 teaspoon dried marjoram leaves	

1. Preheat oven to 350F.
 2. In large bowl, beat egg slightly with fork. Stir in milk, bread crumbs, salt, pepper, and marjoram. Add chuck; mix until combined, using hands if necessary.
 3. With moistened hands, shape mixture into 4 to 6 individual loaves.
 4. Place in a 15½-by-10½-by-1-inch jelly-roll pan; bake 30 minutes.
 5. **Meanwhile, make Glaze.** In small bowl, combine apricot jam and lemon juice; mix well.
 6. Brush tops and sides of meat loaves with glaze; bake 10 minutes longer. Remove to platter.
- MAKES 4 TO 6 LOAVES



BAKED POTATOES

1. Scrub skin; dry thoroughly; prick skin with fork, to let steam escape during cooking. Then put in a 425F preheated oven, and bake 50 to 60 minutes. You can tell they're done when they are easily pierced with a fork or feel soft when squeezed

gently. If you don't like a hard skin, oil potatoes before placing in oven – this keeps skin soft and tender.

2. As soon as potatoes are baked, slash top in an X; then gently squeeze, so steam can escape and potatoes fluff up.

3. The traditional way to serve baked potatoes is to add a chunk of butter with salt, pepper, and paprika. However, we suggest you try these good variations:

BAKED POTATOES WITH SOUR CREAM: Spoon about 1 tablespoon sour cream on each potato. Sprinkle with chopped chives or parsley or finely chopped green onions.

CHEESED BAKED POTATOES: Sprinkle grated Parmesan cheese on each potato. Then run them under the broiler for just a second or so.

BAKED POTATOES WITH BACON: Crumble crisp-cooked bacon on each potato.



Braised Swiss Steak*
 Buttered Noodles
 Julienne Carrots
 Hot Biscuits
 Orange-Pineapple Jubilee*
 Coffee Milk
 SERVES 6

* Recipes given for starred dishes.

BRAISED SWISS STEAK

¼ cup packaged dry bread crumbs	2 medium onions, thinly sliced
2 teaspoons salt	¼ cup chopped celery
¼ teaspoon pepper	1 clove garlic, finely chopped
2 lb round steak	1 tablespoon Worcestershire sauce
2 tablespoons butter or margarine, melted	
1 can (1 lb) tomatoes, undrained	

1. Combine bread crumbs, salt, and pepper.
2. Trim fat from steak; wipe meat with damp cloth.
3. Sprinkle one side with half of crumb mixture; pound into steak, using rim of saucer. Repeat on other side.
4. Brush both sides with butter; place under broiler; turning once, until browned on both sides.
5. Meanwhile, in Dutch oven or heavy skillet with tight-fitting lid, combine remaining ingredients.
6. Add steak; simmer, covered, 2 hours, or until meat is tender.

MAKES 6 SERVINGS

ORANGE-PINEAPPLE JUBILEE

1½ cups boiling water
1 pkg (3 oz) lemon-
flavored gelatin
½ cup sherry
Dash salt

1 can (11 oz) mandarin-
orange sections,
drained
1 can (8¼ oz) pineapple
chunks, drained

1. Pour boiling water over gelatin in large bowl, stirring until gelatin is dissolved. Add sherry and salt.
2. Refrigerate until consistency of unbeaten egg white – about 1 hour.
3. Fold in orange and pineapple.
4. Spoon into 6 sherbet glasses; refrigerate until firm – about 1 hour. Serve topped with whipped cream, if desired.

MAKES 6 SERVINGS



Chicken Normandy
with Rice*
Honey-Spice Acorn Squash*
Toasted Celery-Seed Rolls*
Tossed Green Salad
Caramel Custard
Coffee Milk
SERVES 4

*Recipes given for starred dishes.

CHICKEN NORMANDY

3 lb broiler-fryer, cut up
¼ cup all-purpose flour
1 teaspoon seasoned
salt
¼ teaspoon pepper
3 tablespoons salad oil
1 clove garlic, peeled
1 large onion, sliced
1 green pepper, cut into
¼-inch strips

¼ teaspoon ground
nutmeg
1½ cups apple cider
1 large tart apple
2 tablespoons brown
sugar
2 lemon slices

1. Rinse chicken pieces well in cold running water; dry well on paper towels.
2. Combine flour, seasoned salt, and pepper in a paper bag; mix well. Add chicken pieces to bag; shake well to coat chicken all over.
3. In some of hot oil in large skillet, sauté garlic for a few minutes, until it is golden. Remove and discard garlic.
4. Add chicken, a few pieces at a time. Over medium heat, sauté chicken until well browned on all sides, adding more oil to the skillet as needed – takes about 20 minutes.
5. Using tongs, remove chicken pieces as they brown. Add onion and green pepper to drippings in

skillet; sauté vegetables until tender – about 5 minutes.

6. Return chicken to skillet; sprinkle with nutmeg. Add 1 cup cider; cook chicken, covered, over medium heat, about 20 minutes.

7. Pare apple; core; cut into ¼-inch thick slices.

8. Add remaining ½ cup cider. Arrange sliced apple over top of chicken; sprinkle with brown sugar; arrange lemon slices over all.

9. Bring to boiling; reduce heat, and simmer, covered, 30 minutes, or until chicken and apple slices are tender. Taste for seasoning, and add salt and pepper, if necessary.

10. Serve chicken with apples and sauce from skillet spooned over. Serve with rice.

MAKES 4 SERVINGS

HONEY-SPICE ACORN SQUASH

3 medium acorn squash
¼ cup butter or
margarine, melted
¼ teaspoon ground
cinnamon

½ teaspoon salt
¼ teaspoon ground
ginger
⅓ cup honey

1. Preheat oven to 375F.
2. Scrub squash. Cut in half lengthwise; remove seeds and stringy fibers.
3. Arrange, cut side down, in shallow baking pan. Surround with ½ inch hot water.
4. Bake 30 minutes.
5. Combine remaining ingredients. Pour off excess liquid from baking pan; turn squash cut side up.
6. Pour sauce into cavities; bake 15 minutes, basting now and then with sauce.

MAKES 6 SERVINGS

TOASTED CELERY-SEED ROLLS

½ cup soft butter or
margarine
¼ teaspoon celery seed

⅓ teaspoon paprika
4 club rolls

1. In small bowl, combine butter, celery seed and paprika.
2. Split club rolls in half; spread split sides with butter mixture.
3. Run under broiler, 4 inches from heat, until golden – about 2 minutes.

MAKES 8



Meatball-and-Zucchini Supper*
 Baked Potatoes Green Cabbage Slaw
 Cornmeal Bread
 Warm Fruit Turnovers
 Milk Coffee

* Recipe given for starred dish.

MEATBALL-AND-ZUCCHINI SUPPER

Meatballs	1/2 cup chopped onion
1 lb ground chuck	1 clove garlic, crushed
1 egg, slightly beaten	1/2 teaspoon ground
3 tablespoons water	cumin
1/2 cup soft bread crumbs	1/2 teaspoon salt
(about 1 slice)	1 can (8 oz) tomato sauce
1/4 teaspoon salt	3 zucchini (about 1 1/4 lb),
1 tablespoon chopped	washed, sliced 1/4 inch
parsley	thick
2 tablespoons margarine	

1. **Make Meatballs.** In medium bowl combine ground chuck, egg, 3 tablespoons water, the bread crumbs, salt and parsley; mix lightly. With hands shape into 18 balls.

2. In hot margarine in a medium (10-inch) skillet, sauté meatballs, along with onion, garlic and cumin, a single layer at a time, until browned on all sides – 10 minutes. Drain off fat.

3. Add salt, tomato sauce and zucchini. Bring to boiling; simmer, covered, 8 to 10 minutes, until zucchini is tender.

MAKES 6 SERVINGS

Baked Beans, Manhattan Style*
 Buttered Green Cabbage
 Warm Whole Wheat Bread Apple Butter
 Carrot Cake Squares Whipped Cream
 Milk Coffee

* Recipe given for starred dish.

BAKED BEANS, MANHATTAN STYLE

1 lb dried Great Northern	1 cup catsup
beans (2 cups)	1 teaspoon dry mustard
	2 teaspoons salt
Sauce	2 tablespoons
1/2 lb slab bacon	Worcestershire sauce
1 cup chopped onion	1 cup boiling water
1 1/2 cups brown sugar,	
packed	

1. Cover beans with water; bring to boiling; reduce heat, and simmer, covered, 1 hour. Remove from heat; let stand, covered, 1 hour.

2. **Make Sauce.** Trim rind from slab bacon; cut

bacon into 1/2-inch pieces. In medium skillet, sauté bacon pieces until crisp; remove. In hot bacon drippings, sauté onion until tender – about 5 minutes. Preheat oven to 350F.

3. Add brown sugar, catsup, dry mustard, salt, Worcestershire and boiling water. Bring to boiling, stirring until sugar is dissolved.

4. Drain beans; turn into a 2 1/2-quart casserole with tight-fitting lid. Pour sauce over beans. Stir in bacon.

5. Bake, covered, 3 hours; uncover during last hour, adding more water if beans become dry.

MAKES 6 SERVINGS

Meatballs Romanoff*
 Glazed Carrots and Onions
 Tossed Green Salad French Bread
 Apples and Grapes
 Platter of Cheeses Crackers
 Milk Coffee

* Recipe given for starred dish.

MEATBALLS ROMANOFF

Potato Border	1/2 teaspoon dried
Instant mashed potato	marjoram leaves
for 6 or 7 servings	1/4 teaspoon pepper
1/4 cup margarine	2 tablespoons all-
2 teaspoons salt	purpose flour
1 cup milk	2 tablespoons margarine

Meatballs	Sour-Cream Sauce
1 1/2 lb lean ground pork	2 tablespoons all-
1 egg	purpose flour
1/2 cup soft white bread	1 can (10 1/2 oz) condensed
crumbs	beef broth, undiluted
1/2 cup milk	1/2 cup sour cream
1/2 cup finely chopped	1 tablespoon lemon juice
onion	
1 1/2 teaspoons salt	Chopped parsley

1. **Make Potato Border.** Prepare mashed potato as package label directs, using the amount of water specified on the package and adding 1/4 cup margarine, 2 teaspoons salt and 1 cup milk.

2. **Make Meatballs.** In large bowl, combine pork, egg, bread crumbs, milk, onion, salt, marjoram and pepper; mix lightly until well blended. Shape into balls about 1 1/2 inches in diameter.

3. Preheat oven to 350F. Roll meatballs in 2 tablespoons flour, coating completely.

4. In hot margarine in skillet, sauté meatballs until browned on all sides. Remove as they brown to a 2-quart casserole or shallow baking dish; mound in center.

5. **Make Sour-Cream Sauce.** Measure drippings in skillet; add more margarine if necessary to make

2 tablespoons. Return to skillet; stir in flour until smooth. Gradually stir in beef broth. Bring to boiling.

6. Remove from heat. Add sour cream and lemon juice, stirring to combine; simmer 2 minutes. Remove from heat.

7. Spoon mashed potato around meatballs in casserole. Pour half of sauce over meatballs.

8. Bake, uncovered, 1 hour, or until potato is golden-brown. Spoon remaining sauce over top. Garnish with chopped parsley.

MAKES 8 SERVINGS

Chicken Legs Orientale*
Parsley White Rice
Fresh Spinach Salad Bowl
Hot Buttered Biscuits
Butterscotch Pudding
Milk Tea

*Recipe given for starred dish.

CHICKEN LEGS ORIENTALE

12 broiler-fryer legs (3 lb)	1/4 cup light-brown sugar
1 1/2 teaspoons ground ginger	2 tablespoons cornstarch
1 teaspoon salt	1/3 cup cider vinegar
1/4 teaspoon pepper	1 tablespoon soy sauce
1/4 cup salad oil	

Sauce

1 can (15 1/4 oz) pineapple chunks	4 cups cooked fluffy white rice
Water	4 pimiento strips (optional)

1. Wash chicken legs; pat dry with paper towels.
2. In a clean paper bag, combine ginger, salt and pepper. Shake chicken legs, six at a time, in bag to coat well.
3. Heat oil in large skillet. Add chicken legs, and brown well on all sides. Remove as browned.
4. **Make Sauce.** Drain pineapple chunks, pouring syrup into 2-cup measure. Add water to make 1 1/2 cups.
5. In medium bowl, combine pineapple syrup, brown sugar, cornstarch, vinegar and soy sauce; mix well. Turn into skillet; bring to boiling, stirring constantly. Boil 1 minute.
6. Add browned chicken legs; simmer, covered, 30

minutes, or until chicken legs are tender. Add reserved pineapple chunks the last 5 minutes.

7. Turn sauce and chicken legs into center of warm serving dish. Serve with border of rice. Garnish with pimiento.

MAKES 6 SERVINGS

Company Meat Loaf*
Baked Potatoes with Sour Cream
Buttered Green Beans
Baked Tomato Halves
Assorted Hot Rolls
Gingerbread
(from a mix)
Whipped Cream
Tea Coffee

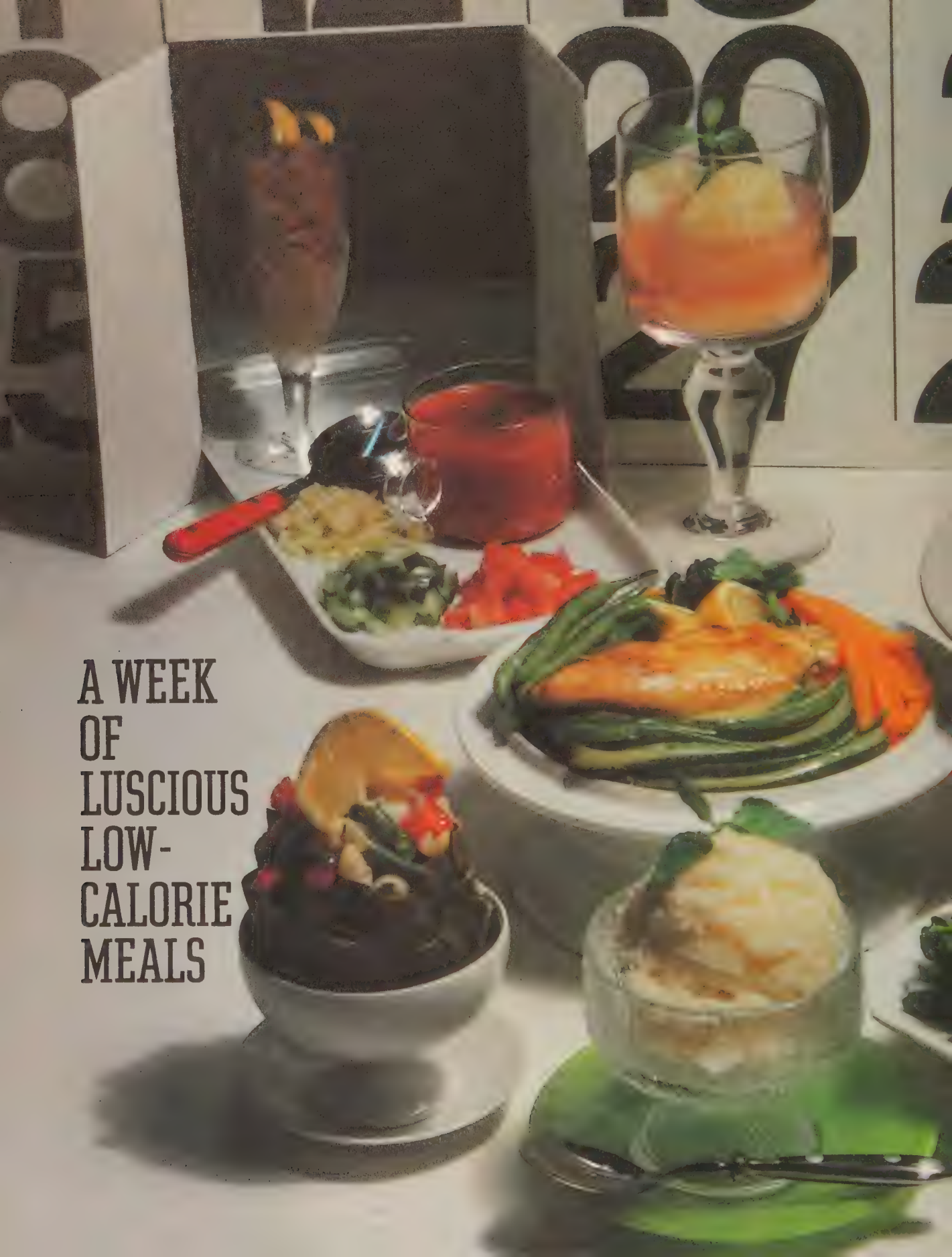
*Recipe given for starred dish.

COMPANY MEAT LOAF

2 eggs	1/4 teaspoon pepper
1 cup grated fresh-bread crumbs	1 1/2 lb ground chuck
1/2 cup milk	3 sweet Italian sausages
1/2 cup finely chopped onion	Glaze
1/2 cup finely chopped green pepper	1/2 cup tomato sauce
1 1/2 teaspoons salt	2 tablespoons brown sugar
1/2 teaspoon dried thyme leaves	1/4 teaspoon dry mustard

1. In a large bowl, combine eggs, bread crumbs, milk, onion, green pepper, salt, thyme and pepper. Beat with fork until combined. Let stand 5 minutes.
 2. Add ground beef. Remove sausage meat from casing; process in food processor to chop fine, and add to beef mixture. Mix well with fork.
 3. Line a 9-by-5-by-2 3/4-inch loaf pan with foil, leaving a 6-inch overlap. Pack in meat-loaf mixture. Freeze 1 hour.
 4. Preheat oven to 350F. Turn meat loaf out into shallow baking pan; remove foil. Bake 30 minutes.
 5. **Meanwhile, make Glaze.** In small bowl, combine tomato sauce, brown sugar and mustard; mix well. Use to brush top and sides of meat loaf. Bake 45 minutes, brushing several times with glaze.
- MAKES 8 SERVINGS

A WEEK
OF
LUSCIOUS
LOW-
CALORIE
MEALS



1 22 2
8 29 30



In the doorway, at the rear of the tray, a dessert of Coffee Granite; next to it, Gazpacho. To the right and then clockwise: Pear Halves in Rosé Wine; Green Pasta with Ricotta and Fresh-Tomato Sauce; Fresh Pineapple and Strawberries with Alfalfa Sprouts and Lemon Yogurt; Broiled Calf's Liver with Mushrooms and Fluffy Mashed Potatoes in Tomato Cups, Pineapple Sorbet; Artichokes Stuffed with Pasta Salad. In the center: Poached Chicken Breasts with Julienne Vegetables (for recipes see pages 50-53).

A WEEK OF LUSCIOUS LOW-CALORIE MEALS

MONDAY

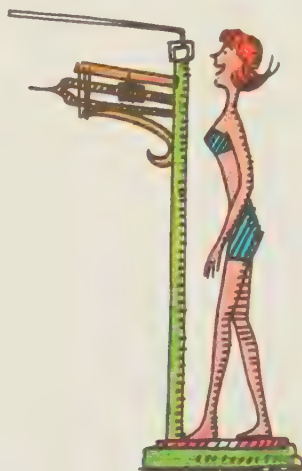
BREAKFAST	
1 English muffin, toasted	138
1 teaspoon whipped butter	28
1/2 cup fresh blueberries with	44
1/2 container vanilla yogurt	97
Black coffee or tea	
LUNCH	
Chicken-and-Zucchini Salad*	147
1 sea round (large round saltine)	45
1/2 teaspoon whipped butter	14
1 medium navel orange	71
1 glass skim milk	89
SNACK	
2 arrowroot cookies	47
DINNER	
Broiled Calf's Liver and Vegetable Platter*	305
1 cup mixed salad greens	8
2 tablespoons low-calorie salad dressing	14
2-inch wedge honeydew melon	49
Black coffee or tea	
SNACK	
1 medium apple	87
	<hr/> 1,183

TUESDAY

BREAKFAST	
1 frozen waffle topped with	130
1/2 cup sliced strawberries	28
and 1 tablespoon confec- tioners' sugar	30
Black coffee or tea	
LUNCH	
Low-Calorie Gazpacho*	67
2 slices low-calorie American cheese	104
4 saltines	48
2-inch wedge honeydew melon	49
topped with Pineapple Sorbet*	52
1 cup skim milk	89
SNACK	
2 bread sticks	46
DINNER	
Poached Chicken Breast with Julienne Vegetables*	228
Brown (or white) rice (1/2 cup)	89
1 slice Italian bread	55
1/2 teaspoon whipped butter	14
Pear Halves in Rosé Wine*	112
Black coffee or tea	
SNACK	
1/2 cup fresh blueberries	44
	<hr/> 1,185

Here is a week's worth of the most slimming and sensational-tasting meals we have ever found. They are all highly nutritious and can be prepared in practically no time. Only about 1,200 calories are in each three-meal daily menu - yet included are such usually forbidden foods as pasta, potatoes and even small amounts of sugar. Servings are for two, so you might want to nudge someone to diet along with you.

*Recipes given for starred dishes.



WEDNESDAY

BREAKFAST	
1/2 grapefruit	41
1 soft-boiled or poached egg	78
1 slice whole wheat bread, toasted	60
1/2 teaspoon whipped butter	14
Black coffee or tea	
LUNCH	
Roast-Beef Salad with Horseradish Dressing*	220
1 medium apple	87
1 cup skim milk	89
SNACK	
1 sea round (large round saltine)	45
1 glass mineral or soda water	
DINNER	
1 cup hot beef consommé	23
Green Pasta with Ricotta and Fresh-Tomato Sauce*	324
1 slice Italian bread	55
1/2 teaspoon whipped butter	14
1/2 cup fresh strawberries	28
Black coffee or tea	
SNACK	
1 navel orange	71
	<hr/> 1,149

THURSDAY

BREAKFAST	
1 blueberry muffin (frozen)	116
1/2 teaspoon whipped butter	14
1 medium navel orange, sliced	71
1 cup skim milk	89
Black coffee or tea	
LUNCH	
Julienne Vegetable Soup with Poached Egg*	132
2 breadsticks	46
1/2 container (8 oz) vanilla or cof- fee yogurt	97
Black coffee or tea	
SNACK	
1 medium apple	87
DINNER	
3/4 cup tomato juice	32
Lamb-and-Vegetable Kebabs with Wheat Pilaf*	289
1 cup mixed salad greens	8
2 tablespoons low-calorie dressing	14
1/2 English muffin, toasted	69
1/2 teaspoon whipped butter	14
Pineapple Sorbet*	52
SNACK	
2 arrowroot cookies	47
1 glass mineral or soda water	

1,177





SATURDAY

BREAKFAST

3/4 cup fresh orange juice	83
1 cup puffed-wheat cereal with	53
1 small banana, sliced	85
1/2 cup skim milk	45
Black coffee or tea	

LUNCH

Shirred Eggs and Broccoli*	115
1 slice whole wheat bread	60
1/2 teaspoon whipped butter	14
1/2 cup fresh strawberries	28
1 cup skim milk	89

SNACK

10 large fresh sweet cherries	47
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DINNER

Veal Scallopini with Peppers*	214
1/2 cup spaghetti tossed with	83
basil and 1/2 teaspoon whipped	
butter	14
1 cup mixed salad greens	8
2 tablespoons low-calorie salad	
dressing	14
2 breadsticks	46
Coffee Granite*	27
1/2 cup red wine	97
Black coffee or tea	

SNACK

1 cup popcorn (not buttered)	54
1 low-calorie soda	1
	<hr/> 1,177

FRIDAY

BREAKFAST

1/2 papaya topped with	59
1/2 cup low-fat (1%) cottage	
cheese	82
2 slices raisin toast	120
1 teaspoon whipped butter	28
Black coffee or tea	

LUNCH

Artichoke Stuffed with Pasta	
Salad*	115
2 slices low-calorie American	
cheese	104
1 sea round (large round	
cracker)	45
Coffee Granite*	27
1 cup skim milk	89

SNACK

1 navel orange	71
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DINNER

2-inch wedge honeydew melon	49
Chinese-Style Scallops with	
Vegetables*	162
1/2 cup white rice	82
1/2 cup low-calorie-gelatin dessert	8
3 small gingersnaps	50
Black coffee or tea	

SNACK

1 cup grapes	107
	<hr/> 1,198

SUNDAY

BREAKFAST

1 pancake (frozen), topped with	90
1/2 cup fresh blueberries and	44
1 tablespoon confectioners'	
sugar	30
Black coffee or tea	

LUNCH

Fresh-Fruit-and-Sprout Salad	
with Frozen-Yogurt Dressing*	126
1 finger or Parkerhouse roll	61
1/2 teaspoon whipped butter	14
4 small gingersnaps	68
1 cup skim milk	89

SNACK

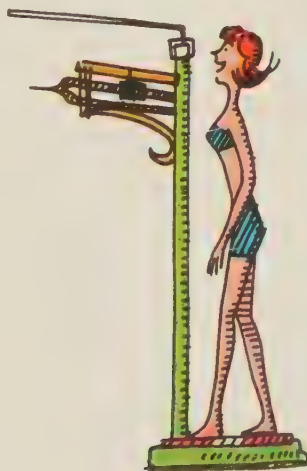
1 large raw carrot	42
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DINNER

Turkey Cutlets in White Wine*	216
1 (2 1/2-inch) baked potato	95
5 or 6 asparagus stalks	26
1/4 cup salad greens with	2
1 small tomato, sliced, and	22
1 tablespoon low-calorie	
dressing	7
1 piece angel-food cake	121
1/2 cup light (low-calorie) Chablis	58
Black coffee or tea	

SNACK

10 large fresh sweet cherries	47
	<hr/> 1,158



CHICKEN-AND-ZUCCHINI SALAD

1 cup cut-up cooked chicken breast	2 tablespoons low-calorie mayonnaise or salad dressing
1 cup shredded zucchini (1 medium zucchini)	2 leaves Boston or iceberg lettuce
	1 large tomato

1. In a medium bowl, combine chicken, zucchini and mayonnaise.

2. Place one lettuce leaf on each plate. Arrange salad on lettuce, dividing evenly. Cut tomato into six wedges. Place three on each plate.

MAKES 2 SERVINGS; 147 CALORIES EACH

BROILED CALF'S LIVER AND VEGETABLE PLATTER (Pictured)

1 large ripe tomato	Salt
Instant mashed potato for 2 servings	Dash ground black pepper
Skim milk	4 medium mushrooms
Dried chervil leaves	1 medium onion
1/2 lb calf's liver (2 slices)	Chopped parsley

1. Wash tomato; slice in half. Scoop out centers to make cups. Save tomato removed from centers.

2. Prepare instant mashed potato according to package directions, using skim milk and omitting butter. Stir in 1/4 teaspoon chervil. Spoon into tomato cups. Place in baking pan.

3. Preheat broiler. Rinse and drain calf's liver. Place on rack of broiling pan. Set tomatoes and liver under broiler, 6 inches from heat. Broil 5 minutes. Turn liver. Sprinkle with dash salt and the pepper. Broil 3 to 5 minutes longer, or until liver is of desired doneness and potato is browned.

4. Meanwhile, wash and slice mushrooms and onion. Combine with scooped-out tomato, dash salt and dash chervil in a small heavy skillet. Cover, and simmer until vegetables are just cooked.

5. Arrange tomato cups and liver on a small platter. Spoon mushrooms, onion and sauce over liver. Sprinkle with chopped parsley.

MAKES 2 SERVINGS; 305 CALORIES EACH

LOW-CALORIE GAZPACHO (see Note) (Pictured)

1 large tomato, peeled (3/4 lb)	1/2 medium green pepper, quartered, seeded
1/2 large cucumber, pared and halved	1 can (18 oz) tomato juice
1 small onion, peeled and halved	1/4 cup red-wine vinegar
	Dash black pepper
	Chopped parsley

1. In electric blender, combine 1/2 tomato, half the cucumber, half the onion, a green-pepper quarter and 1/2 cup tomato juice. Blend, covered and at high speed, 30 seconds, to purée the vegetables.

2. In a 1-quart container, mix pureed vegetables with remaining tomato juice, the vinegar and black pepper.

3. Refrigerate mixture, covered, until well chilled – about 2 hours. At the same time, refrigerate two serving bowls or mugs.

4. Chop separately remaining tomato, cucumber, onion and green pepper. Place each in separate mounds on a small plate. Serve as accompaniments.

5. At serving time, stir gazpacho, and pour into chilled bowls. Sprinkle with parsley. Pass accompaniments.

MAKES 2 SERVINGS; 67 CALORIES EACH

Note: Or use 1 can (10 1/2 ounces) Spanish-style vegetable soup as label directs; 60 calories each serving.

PINEAPPLE SORBET (Pictured)

1 fresh ripe pineapple (see Note)	1/4 teaspoon Angostura bitters (optional)
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1. Peel pineapple. Remove and discard core; cut fruit into chunks. Purée in processor or blender. Stir in bitters.

2. Turn pineapple mixture into a 9-by-9-by-2-inch pan. Freeze until edges are firm and center is still a little soft – about 3 hours.

3. Cut sorbet into chunks, and place in a chilled bowl. Beat quickly with electric beater until smooth but not melted. Turn into a plastic freezer container with tight-fitting lid. Freeze several hours, or until firm, before serving.

MAKES 4 SERVINGS; 52 CALORIES PER SERVING

Note: If pineapple is not sweet enough, add 1 tablespoon light corn syrup to puréed pineapple.

POACHED CHICKEN BREASTS WITH JULIENNE VEGETABLES (Pictured)

1 medium carrot	1/8 teaspoon dried thyme leaves
1/2 medium zucchini	
1/4 lb green beans	Lemon slices
1/4 teaspoon butter	1 cup water
1 whole chicken breast, skinned, boned and split (8 oz)	

1. Wash and pare carrot. Wash zucchini and green

beans. Cut each into long julienne strips. Keep separate.

2. Preheat oven to 300F. Melt butter in heavy skillet. Sauté chicken breast, uncovered, 5 minutes on one side. Turn; sprinkle with thyme, and sauté on other side – just until done 5 to 7 minutes. Remove to serving platter, and set in oven.

3. Add vegetables to skillet (keep separate) Add 1 cup water. Bring to boiling; reduce heat; simmer, covered, until just tender – about 3 minutes. Remove with wide spatula to serving platter. Cook liquid in pan rapidly, to reduce to $\frac{1}{4}$ cup. Pour over chicken. Serve with lemon slices.

MAKES 2 SERVINGS; 228 CALORIES EACH

PEAR HALVES IN ROSÉ WINE (Pictured)

6 canned low-calorie pear halves	$\frac{2}{3}$ cup rosé wine or low- calorie Chablis
1 teaspoon lemon juice	2 sprigs mint (optional)

1. Several hours before serving, drain pears. Place in a small bowl. Drizzle with lemon juice; pour wine over pears. Cover, and refrigerate.

2. Just before serving, place pear halves in two dessert dishes or wineglasses. Pour wine over pears, dividing evenly. Top each with a mint sprig, if desired.

MAKES 2 SERVINGS; 112 CALORIES EACH

GREEN PASTA WITH RICOTTA AND FRESH-TOMATO SAUCE (Pictured)

$\frac{1}{4}$ lb spinach spaghetti or fettucini	$\frac{1}{4}$ teaspoon dried basil leaves
$\frac{2}{3}$ cup skim-milk ricotta cheese	$\frac{1}{8}$ teaspoon dried oregano leaves
1 large ripe tomato	1 tablespoon grated Parmesan cheese
1 small onion	
$\frac{1}{2}$ clove garlic, pressed	

1. Preheat oven to 300F. Cook pasta in salted water according to package directions. Drain; rinse, and drain well. Turn into a 1-quart baking dish.

2. Spoon ricotta into center of pasta. Cover dish, and place in oven until ricotta is warmed through but not softened – 8 to 10 minutes.

3. Coarsely chop tomato and onion. Combine with garlic, basil and oregano in a small heavy saucepan. Bring to boiling; simmer until onion is just tender – about 3 minutes.

4. Remove casserole from oven. Spoon tomato sauce around ricotta. Sprinkle with Parmesan cheese.

MAKES 2 SERVINGS; 324 CALORIES EACH

ROAST-BEEF SALAD WITH HORSE RADISH DRESSING

$\frac{1}{4}$ head green cabbage	1 teaspoon grated fresh horseradish
$\frac{1}{4}$ lb fresh spinach	
2 medium carrots	$\frac{1}{2}$ teaspoon brown mustard
$\frac{1}{4}$ lb rare roast beef	
$\frac{1}{2}$ cup plain skim-milk yogurt	

1. Wash and shred cabbage. Wash spinach, and drain well; cut into strips. Wash, peel and coarsely shred carrots. Cut beef into julienne strips.

2. On two salad plates, arrange concentric circles of cabbage, spinach and carrot. Place half the roast beef in a mound in the center of each plate. Or toss vegetables together, and divide between two salad bowls. Top with roast beef.

3. In a small bowl, stir together yogurt, horseradish and mustard until well combined. Serve with salad.

MAKES 2 SERVINGS; 220 CALORIES EACH

LAMB-AND-VEGETABLE KEBABS WITH WHEAT PILAF

$\frac{1}{2}$ lb lean lamb-stew or leg-of-lamb cubes	$\frac{1}{3}$ cup bulgur wheat
1 large mushroom	1 clove garlic, peeled and split
$\frac{1}{4}$ cup bottled low- calorie Italian-style salad dressing	$\frac{1}{8}$ teaspoon salt
	4 cherry tomatoes
$\frac{1}{2}$ small zucchini	Chopped parsley

1. Several hours or day before: Rinse lamb cubes; drain well. Wash mushroom. Cut into quarters. In a small bowl, toss together lamb, mushroom and dressing. Cover tightly, and refrigerate.

2. To prepare: Cut zucchini into three (1-inch) pieces. Cut each piece in half. Place in a small saucepan; cover with water. Bring to boiling, and simmer 2 minutes. Drain well.

3. In a medium saucepan, bring $1\frac{1}{2}$ cups water to boiling. Stir in wheat. Add garlic to wheat, along with salt. Cook gently 15 minutes.

4. Preheat broiler. Arrange meat on two skewers, dividing equally. Arrange zucchini, mushroom and cherry tomatoes on two skewers. Place skewers of lamb on broiling pan; brush with dressing remaining in small bowl.

5. Broil 3 to 4 inches from heat 5 minutes. Turn lamb; place skewers of vegetables on broiling pan. Brush with more dressing, and broil 5 to 8 minutes longer, to desired doneness.

6. Drain wheat thoroughly. Remove and discard garlic. Spoon wheat onto small serving platter. Top with skewers; pour drippings from broiling pan over all; sprinkle with parsley.

MAKES 2 SERVINGS; 289 CALORIES EACH

JULIENNE VEGETABLE SOUP WITH POACHED EGGS

1 small carrot	1 can (13¾ oz) chicken
½ small zucchini	broth
1 scallion	½ cup water
⅛ lb green beans	Dash dried basil leaves
	2 eggs

1. Wash and pare carrot. Wash zucchini, scallion and beans. Trim stem ends. Cut all into julienne strips.
2. Combine vegetables, chicken broth, ½ cup water and the basil in a medium saucepan. Bring to boiling; simmer 3 minutes.
3. Break one egg into a saucer. With a spoon, push vegetables to side of saucepan. Slip egg into broth. Repeat with second egg. Simmer, uncovered, 4 to 5 minutes, or until whites are firm but yolks are soft.
4. Divide soup into two bowls. Carefully lift an egg into the center of each.

MAKES 2 SERVINGS; 132 CALORIES EACH

ARTICHOKE STUFFED WITH PASTA SALAD (Pictured)

2 medium-size	⅛ lb green beans
artichokes (1½ lb)	½ stalk celery
Boiling water	¼ red pepper
Salt	2 tablespoons low-
1 lemon	calorie salad dressing
¼ cup small pasta shells	

1. Wash artichokes. Trim off stems and a 1-inch slice from tops. Remove discolored leaves; snip off spike ends.
2. Place artichokes in a heavy medium-size saucepan. Pour in boiling water to measure 1 inch. Sprinkle with ¼ teaspoon salt. Slice ends from lemon; squeeze ends over artichokes, and add rinds to water. Wrap and refrigerate remaining lemon.
3. Cover saucepan, and cook artichokes gently 35 to 40 minutes, or until bases feel soft. Add more boiling water as necessary, to keep pan from boiling dry. Drain well. Cool to room temperature; then refrigerate until cold – several hours or overnight.
4. In a small saucepan, combine 2 cups boiling water, ¼ teaspoon salt and the shells. Bring to boiling; reduce heat, and cook 10 minutes.
5. Wash green beans; remove ends, and cut diagonally into ½-inch pieces. Add to simmering pasta, and cook until pasta is just tender – 2 to 3 minutes longer.
6. Wash and thinly slice celery; wash and coarsely chop red pepper. Drain pasta and beans in colander. Set under cool running water until room temperature. Drain very well.
7. In a small bowl, toss together pasta, beans, celery,

red pepper and salad dressing. Cover, and refrigerate several hours or overnight.

8. To serve, spread open artichokes to reveal centers. Scoop out and discard prickly choke. Spoon salad into centers, dividing evenly. Place on salad plates. Slice reserved lemon, and serve with artichokes.

MAKES 2 SERVINGS; 115 CALORIES PER SERVING

COFFEE GRANITE (Pictured)

1½ tablespoons instant	1 cup cold water
coffee granules	Lemon peel, cut into
½ cup boiling water	julienne strips
2 tablespoons	
granulated sugar	

1. Combine instant coffee and boiling water in a measuring cup. Stir in sugar until completely dissolved. Stir in cold water.
2. Turn mixture into a 9-by-9-by-2-inch pan. Freeze until edges are firm and center is still a little soft – about 3 hours.
3. Spoon granite into a chilled bowl. Beat quickly with electric beater until fluffy and separated into crystals. Turn into plastic freezer container with tight-fitting lid, and freeze several hours.
4. To serve, run a fork through granite to loosen crystals, and spoon into serving dishes. Top with lemon peel.

MAKES 4 SERVINGS; 27 CALORIES EACH

SHIRRED EGGS AND BROCCOLI

½ bunch broccoli	2 tablespoons skim milk
½ small red pepper	Paprika
2 eggs	

1. Wash and drain broccoli; break into flowerets. Pare and trim broccoli stems. Wash red pepper, and remove seeds.
 2. Place broccoli, broccoli stems and red pepper in a medium saucepan. Cover with water, and bring to boiling. Simmer, covered, 3 minutes, or until tender-crisp. Drain. Preheat oven to 350F.
 3. Arrange broccoli at ends of two small au-gratin or baking dishes. Trim broccoli ends so there is a 2-inch space in the middle. Break an egg into the center of each dish.
 4. Chop broccoli stems and red pepper together. Sprinkle around egg. Spoon 1 tablespoon milk over each egg. Top each with a dash paprika.
 5. Bake, uncovered, 10 to 12 minutes, or until white of egg is set and yolk is of desired doneness.
- MAKES 2 SERVINGS; 115 CALORIES EACH

CHINESE-STYLE SCALLOPS WITH VEGETABLES

2 medium mushrooms	1 teaspoon salad oil
2 scallions	1 clove garlic, pressed
1/2 red pepper	1/2 lb scallops
2 leaves Chinese cabbage	2 teaspoons soy sauce
1/4 head broccoli	1 teaspoon cornstarch
1/2 cup fresh or canned bean sprouts	1/3 cup water

1. Wash and slice mushrooms, scallions, red pepper and Chinese cabbage. Wash broccoli, and break top into flowerets. Pare and slice stems. Rinse and drain bean sprouts.

2. Heat oil in a large skillet or wok. Add garlic, mushrooms, scallions, red pepper and broccoli. Stir-fry over medium heat 3 minutes.

3. Rinse and drain scallops. If using sea scallops, cut in half. Add scallops, Chinese cabbage and bean sprouts. Stir-fry until scallops are cooked through – 3 to 5 minutes.

4. In a small cup, stir together soy sauce, cornstarch and 1/3 cup water. Add to vegetables and scallops. Cook, stirring, until thickened.

MAKES 2 SERVINGS; 162 CALORIES EACH

FISH FLORENTINE CASSEROLE

2 pkg (10-oz size) frozen chopped spinach	Water
2 teaspoons salt	1/2 teaspoon dried thyme leaves
1 tablespoon margarine	1/4 teaspoon dried tarragon leaves
1 medium onion, sliced	
1/4 teaspoon ground nutmeg	Sauce
1 1/2 lb fish fillets (red snapper, sole, halibut, haddock); see Note	1 tablespoon margarine
1 can (1 lb) whole tomatoes	1 tablespoon finely chopped onion
	1 teaspoon cornstarch

1. Cook frozen spinach with 1 teaspoon salt, as package label directs, 5 minutes. Drain very well.

2. Preheat oven to 375F.

3. In hot margarine in medium skillet, sauté sliced onion until tender – 5 minutes. Add spinach and nutmeg; cook 3 minutes, stirring several times.

4. In shallow 2-quart casserole, arrange fillets, in single layer, with a few spoonfuls of spinach between fillets.

5. Drain tomatoes, reserving juice for sauce; if necessary, add water to measure 1 cup. Arrange tomatoes around fish. Sprinkle with herbs and remaining salt.

6. Bake, uncovered, 25 minutes.

7. **Make Sauce.** In hot margarine in small saucepan, sauté chopped onion until tender –

several minutes. Add 3/4 cup reserved tomato juice; bring to boiling. Meanwhile, dissolve cornstarch in remaining 1/4 cup juice; stir into boiling mixture. Bring back to boiling, stirring.

8. Pour sauce over fish; bake 5 minutes longer. Serve right from dish.

MAKES 6 SERVINGS; 200 CALORIES PER SERVING

Note: If using frozen fillets, let thaw completely.

VEAL SCALLOPINI WITH PEPPERS

4 thin veal scallops (1/2 lb)	1/4 teaspoon salt
1 medium onion	Dash ground black pepper
1 small red pepper	
1 small green pepper	1 tablespoon grated Parmesan cheese
1/2 teaspoon butter or salad oil	
1/4 teaspoon dried basil leaves	

1. Rinse veal; drain well. Peel and slice onion. Wash red and green peppers; remove seeds, and slice.

2. Heat butter in a large skillet. Sauté veal until lightly browned on one side – about 3 minutes. Turn; add onion, red and green peppers, basil, salt and black pepper. Sauté, stirring vegetables, until veal is browned on other side. Remove veal; keep warm.

3. Cover skillet; lower heat, and cook, stirring occasionally until vegetables are just tender – about 3 minutes longer.

4. Fold veal into vegetables; turn out onto serving dish. Sprinkle with Parmesan cheese.

MAKES 2 SERVINGS; 214 CALORIES EACH

FRESH-FRUIT-AND-SPROUT SALAD WITH FROZEN-YOGURT DRESSING (Pictured)

1/2 container (8-oz size) lemon yogurt	8 strawberries
1 small ripe pineapple	1 cup alfalfa sprouts

1. Spread yogurt in bottom of an 8-inch baking pan. Place in freezer until just firm – 20 to 30 minutes.

2. Wash pineapple; remove frond. Cut in half crosswise. Set halves, cut side up, on two salad plates. With a grapefruit knife, remove pineapple to within 1/2 inch of shell on each half.

3. Remove core, and cut pineapple into 1/4-inch chunks. Wash strawberries. Set aside two with stems. Remove stems from remaining strawberries. Cut in half. In medium bowl, combine pineapple, strawberries and alfalfa sprouts. Spoon into pineapple shells, dividing evenly. Refrigerate.

4. To serve, stir frozen yogurt with a fork. Swirl half on top of each salad. Top each with a strawberry.

MAKES 2 SERVINGS; 126 CALORIES EACH

TURKEY CUTLETS IN WHITE WINE

1/2 lb turkey cutlets (2 pieces)	1/4 teaspoon dried tarragon leaves
1/2 teaspoon butter	1/4 teaspoon salt
4 medium mushrooms	1/4 cup white wine
1 large shallot	1/4 cup water

1. Rinse turkey cutlets; drain well. Heat butter in a medium skillet. Sauté cutlets over medium heat until golden on one side – 5 minutes.
 2. Wash and slice mushrooms. Peel and chop shallot. Turn cutlets; add mushrooms and shallot to pan. Sprinkle with tarragon and salt. Cook, stirring vegetables, until cutlets are just cooked through. Remove cutlets to platter. Keep warm.
 3. Add wine and 1/4 cup water to skillet. Simmer, stirring, 1 minute. Pour over turkey cutlets.
- MAKES 2 SERVINGS; 216 CALORIES EACH

CHICKEN PICCATA

2 (2-lb size) broiler-fryers	2 teaspoons dried basil leaves
1 teaspoon salt	2 teaspoons dried rosemary leaves
1/2 teaspoon pepper	2 lemons, halved
2 teaspoons poultry seasoning	

1. Preheat oven to 425F. Wash chickens well; dry on paper towels; cut in half along breast bone. Remove wing tips and backbones.
 2. In large, shallow baking pan, arrange chicken halves skin side down in single layer. Mix salt and rest of seasonings; sprinkle half over chicken. Bake, covered (cover pan with foil if pan does not have cover), 30 minutes.
 3. Remove foil; turn chicken skin side up; sprinkle with rest of seasonings. Bake, uncovered, 20 to 30 minutes, or until golden-brown and tender.
 4. Serve each chicken half with lemon half to squeeze over top.
- MAKES 4 SERVINGS; 350 CALORIES PER SERVING
Note: If desired, run chicken under broiler 5 minutes, for better browning.

BRAISED LAMB SHANKS WITH VEGETABLES

4 lamb shanks (about 3/4 lb each)	1/2 lb white onions, peeled
1 1/2 teaspoons unseasoned instant meat tenderizer	1 bay leaf
2 chicken-bouillon cubes	1 teaspoon paprika
2 cups boiling water	1/2 teaspoon salt
	1/4 teaspoon pepper
	1 lb carrots
	2 stalks celery

1. Preheat oven to 325F. Wipe lamb shanks with

damp paper towels. Trim off any fat; sprinkle shanks with meat tenderizer.

2. In a nonstick Dutch oven, over medium heat, brown shanks on all sides, turning with tongs, 15 to 20 minutes.
3. Dissolve bouillon cubes in boiling water; pour over shanks; add onions, bay leaf, paprika, salt, and pepper. Bake, covered, 1 hour.
4. Meanwhile, pare carrots. Cut celery into 1-inch pieces. Add vegetables to Dutch oven; bake, covered, 60 minutes longer, or until vegetables and meat are tender. Discard bay leaf.

MAKES 4 SERVINGS; 350 CALORIES PER SERVING



OXTAIL SOUP

3 lb oxtails, cut up	6 black peppercorns
3 tablespoons margarine	1 bay leaf
2 quarts water	1 clove garlic, crushed
1 can (10 1/2 oz) condensed beef consommé, undiluted	1 egg white
2 teaspoons salt	1 cup cold water
2 teaspoons Worcestershire sauce	2 cups diced white turnip (3/4 lb)
1 teaspoon dried thyme leaves	1 1/2 cups diced pared carrot (4 medium)
1 teaspoon dried tarragon leaves	1 1/2 cups sliced celery
	1 cup chopped onion
	1/2 cup claret
	Chopped parsley

1. Wipe oxtails with damp paper towels.
 2. In hot margarine in deep, 6-quart kettle, slowly brown oxtails on all sides – about 30 minutes.
 3. Add 2 quarts water, the consommé, salt, Worcestershire, thyme, tarragon, peppercorns, bay leaf, and garlic; bring to boiling. Reduce heat, and simmer, covered, 3 1/2 hours. Remove from heat.
 4. Remove oxtails with slotted spoon, and remove their excess fat. If desired, take meat off bones. Refrigerate, covered.
 5. Strain broth. Refrigerate, covered, until chilled – several hours or overnight.
 6. About 2 hours before serving, skim fat from broth. Beat egg white slightly with 2 tablespoons water. Add with crushed eggshell to cold stock in large saucepan. Bring to boiling, stirring; boil 2 minutes. Remove from heat; add 1 cup cold water; let stand 30 minutes. Strain into a large kettle.
 7. Add oxtails or meat, turnip, carrot, celery, onion; bring to boiling. Reduce heat; simmer, covered, 30 minutes, or until vegetables are just tender.
 8. Add claret; simmer 15 minutes longer. Pour into soup tureen or individual bowls. Garnish with parsley.
- MAKES ABOUT 2 1/2 QUARTS; 8 SERVINGS; 137 CALORIES PER SERVING

BEEF BORSCH WITH SOUR CREAM

4-lb shin of beef	3 cups coarsely
1 large marrowbone	shredded cabbage
Salt	(1 lb)
2 quarts water	1½ cups thinly sliced
1 can (1 lb) tomatoes,	pared carrots
undrained	(4 medium)
1 medium onion, peeled	1 cup chopped onion
and quartered	2 tablespoons snipped
1 stalk celery, cut up	fresh dill
3 parsley sprigs	¼ cup cider vinegar
6 black peppercorns	2 tablespoons sugar
1 bay leaf	
2 cups shredded pared	Low-calorie sour cream
beets, (4 medium)	

1. Day before serving: In a deep 8-quart kettle, place beef, marrowbone, 1 tablespoon salt, and 2 quarts water. Cover, and bring to boiling; skim surface. Reduce heat, and simmer, covered, 1 hour.

2. Add tomatoes, quartered onion, celery, parsley, peppercorns, and bay leaf; simmer, covered, 2 hours longer. Remove from heat.

3. Lift out beef, and set aside. Remove marrowbone, and discard. Strain soup; skim off fat. (You should have about 9 cups liquid.) Return soup and beef to kettle.

4. Add beets, cabbage, carrots, chopped onion, dill, vinegar, sugar, and 1 teaspoon salt; bring to boiling. Reduce heat, and simmer, covered, 30 minutes, or until beef and vegetables are tender. Remove from heat. Refrigerate overnight.

5. Next day, remove beef from soup. Cut into cubes; return to soup.

6. Heat gently to boiling. Turn into tureen. Top each serving with a spoonful of sour cream. If desired, garnish with snipped dill.

MAKES ABOUT 3 QUARTS; 8 SERVINGS; 158 CALORIES PER SERVING



CURRIED-FISH CASSEROLE

1 tablespoon diet	1 large apple, cored and
margarine	thinly sliced
1½ cups sliced onion	½ teaspoon salt
1 to 2 teaspoons curry	⅛ teaspoon pepper
powder	1 can (8½ oz) tomatoes,
1 pkg (1 lb) unthawed	drained
frozen fish fillets	Chopped parsley
(haddock, halibut, or	
sole)	

1. In hot margarine in a large, non-stick skillet with tight-fitting cover, sauté onion until soft – about 5 minutes. Add curry powder; cook, stirring, 5 minutes longer.

2. Cut frozen fillets crosswise into 1-inch strips.

Layer fish with apple on top of onion. Sprinkle with salt and pepper; spoon tomatoes over top.

3. Cook, covered, over medium heat 10 minutes. To serve, sprinkle liberally with parsley.

MAKES 4 SERVINGS; 214 CALORIES PER SERVING

SUPPER SALAD BOWL

6 medium potatoes	1 can (7¾ oz) salmon
(about 2 lb)	1 tablespoon chopped
1 medium onion	fresh dill
1 bottle (8 oz) low-calorie	Iceberg lettuce, washed
Italian-style salad	and chilled
dressing	
1 can (7 oz) solid-pack	
tuna, without oil	

1. Scrub potatoes. Cook in boiling, salted water, covered, just until tender – about 30 minutes. Drain, and let cool slightly.

2. Peel potatoes; then cut into slices ¼ inch thick. Peel onion; slice, and separate into rings.

3. In shallow baking dish, arrange potato slices and onion rings in alternate layers. Add ¾ cup dressing. Refrigerate, covered, 3 hours.

4. Meanwhile, drain tuna and salmon. Break into large chunks; remove any bone and skin from salmon. Place in small bowl; toss with remaining dressing. Refrigerate, covered.

5. To serve: In shallow serving dish, arrange potato and onion in layers alternately with fish mixture. Sprinkle dill over top. Garnish with lettuce.

MAKES 6 SERVINGS; 187 CALORIES PER SERVING

CHEF'S SALAD BOWL

Creamy Dressing	2 tablespoons snipped
½ bottle (8-oz size) low-	fresh chives
calorie oil-and-vinegar-	2 cups slivered cooked
type dressing	tongue (¾ lb)
2 tablespoons low-	1½ cups slivered cooked
calorie mayonnaise	chicken (½ lb)
	¼ lb natural Swiss
Salad	cheese, slivered
1½ quarts bite-size	1 medium tomato, cut in
pieces crisp salad	eighths
greens	

1. **Make Creamy Dressing.** In small bowl, combine dressing, ingredients; with wire whisk or rotary beater, beat well. Refrigerate, covered.

2. **Make Salad.** Just before serving, place greens and chives in salad bowl. Add tongue, chicken, and cheese.

3. Stir dressing well; pour over salad. Toss to coat meat and greens.

4. Garnish with tomato wedges.

MAKES 6 SERVINGS; 146 CALORIES PER SERVING

PEARS AND CHEESE DESSERT MOLD

- | | |
|---|-------------------------------------|
| 1 env (4-serving size) low-calorie lime gelatin | 1 pkg (8 oz) imitation cream cheese |
| 1 cup boiling water | 1 teaspoon ground ginger |
| 1 can (1 lb) diet-pack pears | 1 tablespoon grated lemon peel |
| 2 tablespoons lemon juice | |

1. In a medium bowl, dissolve gelatin in boiling water, stirring.
2. Drain pears, reserving $\frac{3}{4}$ cup liquid. Add reserved liquid and lemon juice to gelatin. Set aside 1 pear for garnish; cut up rest of pears.
3. Pour $\frac{3}{4}$ cup gelatin mixture into $1\frac{1}{2}$ -quart mold. Refrigerate until firm – about $1\frac{1}{2}$ hours.
4. Meanwhile, in medium bowl, beat cheese with electric mixer at high speed until creamy. Add remaining gelatin mixture, ginger, and peel; beat until well combined, fold in cut-up pears. Pour over gelatin in mold. Refrigerate until set – about 2 hours.
5. To unmold: Loosen edge of mold with spatula. Invert mold on serving platter. Place a very hot, damp dishcloth over mold; shake gently to release. Repeat if necessary. Garnish with pear slices and mint.

MAKES 6 SERVINGS; 115 CALORIES PER SERVING

RASPBERRY DESSERT SOUP

- | | |
|--|--|
| 1 env (4-serving size) low-calorie raspberry gelatin | 1 pkg (10 oz) frozen raspberries, thawed |
| 1 cup boiling water | $\frac{1}{4}$ cup lemon juice |
| | 2 cups water |

1. In a medium bowl, dissolve gelatin in boiling water, stirring. Add raspberries, lemon juice, and 2 cups water; mix well.
2. Refrigerate until slightly set – about 3 hours. Serve in tall glasses. Serve with diet sour cream, if desired.

MAKES 4 SERVINGS; 99 CALORIES PER SERVING

LOW-CALORIE SPONGECAKE

- | | |
|---|-------------------------------|
| $\frac{1}{2}$ cup reconstituted nonfat dry milk | Dash salt |
| 1 cup sifted all-purpose flour | 3 eggs |
| $1\frac{1}{2}$ teaspoons baking powder | $\frac{3}{4}$ cup sugar |
| | 2 teaspoons grated lemon peel |

1. In small saucepan, heat milk until bubbles form around edge of pan. Remove from heat; set aside.
2. Preheat oven to 350F. Sift flour with baking powder, salt; set aside.

3. In small bowl of electric mixer, at high speed, beat eggs until thick and lemon-colored. Gradually add sugar, beating until mixture is smooth and well blended – about 5 minutes.

4. At low speed, blend in flour mixture just until smooth. Add warm milk and peel, beating just until combined.

5. Pour batter immediately into an ungreased 9-inch angel-food pan. Bake 30 minutes, or until cake tester inserted in center comes out clean. Invert pan over neck of bottle. Let cool completely. Serve plain.

MAKES 10 SERVINGS; 90 CALORIES PER SERVING

ICE MILK WITH APRICOT SAUCE

- | | |
|---|---|
| 1 can (1 lb) diet-pack pitted apricots, drained | $\frac{1}{4}$ teaspoon rum extract (optional) |
| 1 teaspoon sugar | 1 quart vanilla ice milk |

In blender, combine apricots, sugar, rum extract; blend to make purée. Refrigerate, covered, until chilled – 1 to 2 hours. Serve over ice milk.

MAKES $\frac{3}{4}$ CUP SAUCE; 8 SERVINGS (20 CALORIES PER TABLESPOON; 95 CALORIES, $\frac{1}{4}$ PINT ICE MILK)

PEACHES WITH YOGURT

- | | |
|--|---------------------|
| 1 can (1 lb) diet peaches, drained | 1 tablespoon sugar |
| $\frac{1}{2}$ container (8-oz size) plain yogurt | Dash almond extract |

1. Arrange peaches in small glass serving bowl.
2. Combine yogurt, sugar, and almond extract; blend well with rubber spatula; pour over peaches.
3. Refrigerate until very well chilled – at least 2 hours.

MAKES 4 SERVINGS; 88 CALORIES PER SERVING

GRAPEFRUIT-ORANGE ICE

- | | |
|---|--------------------|
| 1 large orange | 1 tablespoon sugar |
| 1 can (1 lb) diet-pack grapefruit sections, undrained | |

1. Peel and section orange. In blender, combine orange and grapefruit sections and sugar.
2. Blend at medium speed to form a purée. Pour into ice-cube tray. Freeze 2 hours, stirring about 4 times to make a smooth mixture.
3. To serve: Let stand at room temperature 5 minutes to soften slightly. Spoon into 6 parfait glasses. (Nice as a first course, too.)

MAKES 6 SERVINGS; 45 CALORIES PER SERVING

Saturday-Night Suppers

BLACK-BEAN SOUP

2 cups dried black beans	1 teaspoon
2 cups coarsely chopped celery	Worcestershire sauce
1 medium onion, sliced	2 teaspoons lemon juice
4 whole cloves	2 teaspoons salt
1/2 lb salt pork, cut in chunks	1/4 teaspoon pepper
2 quarts water	1/4 cup sherry
	6 thin lemon slices

1. Cover beans with cold water; refrigerate, covered, overnight.
2. Next day, drain. Turn into 6-quart kettle. Add celery, onion, cloves, salt pork, and 2 quarts water. Bring to boiling; then reduce heat, and simmer, covered, 3 hours, or until beans are very tender.
3. Press bean mixture (including liquid) through a sieve, to purée.
4. Add Worcestershire, lemon juice, salt, and pepper; heat gently – about 5 minutes.
5. Just before serving, stir in sherry. Garnish each serving with a lemon slice.

MAKES 6 SERVINGS

MANHATTAN CLAM CHOWDER

4 bacon slices, diced	2 jars (11 1/2-oz size) clams
1 cup sliced onion (about 4)	Water
1 cup diced carrots (about 4)	2 teaspoons salt
1 cup diced celery	4 black peppercorns
1 tablespoon chopped parsley	1 bay leaf
1 can (1 lb, 12 oz) tomatoes	1 1/2 teaspoons dried thyme leaves
	3 medium potatoes, pared and diced (3 1/2 cups)

1. In large kettle, sauté bacon until almost crisp.
2. Add onion; cook until tender – about 5 minutes.
3. Add carrots, celery, and parsley; cook over low heat 5 minutes, stirring occasionally.
4. Drain tomatoes; reserve liquid in 1-quart measure. Add tomatoes to vegetables in kettle.
5. Drain clams; set clams aside. Add clam liquid to tomato liquid. Add water to make 1 1/2 quarts liquid. Pour into kettle. Add salt, peppercorns, bay leaf, and thyme.
6. Bring to boiling. Reduce heat; cover, and simmer 45 minutes. Discard bay leaf.
7. Add potatoes; cover, and cook 20 minutes.
8. Chop clams; add to chowder. Simmer, uncovered, 15 minutes. Serve hot.

MAKES 8 LARGE SERVINGS

NEW ENGLAND CLAM CHOWDER

2 bacon slices, diced	1 1/2 quarts water
1/2 cup chopped onion (1 medium)	3 cans (7 1/2-oz size) minced clams
1 cup cubed, pared potato (1 medium)	2 cups milk
1 1/2 teaspoons salt	2 tablespoons butter or margarine
Dash pepper	8 soda crackers, crushed

1. In medium kettle, sauté bacon until almost crisp.
2. Add onion; cook until tender – about 5 minutes.
3. Add potatoes, salt, pepper, and 1 1/2 cups water; cook 10 minutes.
4. Add clams and liquid, milk, and butter; cook 3 minutes.
5. Sprinkle in crackers; heat through – do not boil. Serve hot.

MAKES 8 SERVINGS

EASY CHICKEN SOUP

2 cups boiling water	2 whole chicken breasts
4 cups, or 2 cans (14-oz size) clear chicken broth	1 cup fine noodles, uncooked
3 medium carrots	1/2 cup small whole canned onions
1/2 teaspoon salt	2 teaspoons finely chopped parsley
Dash basil	
Dash black pepper	

1. Add boiling water to broth; place over medium heat.
2. Peel carrots; cut in half lengthwise; then cut in 1-inch chunks. Add to broth, along with salt, basil, and pepper.
3. Simmer 35 to 40 minutes, or until carrots are tender.
4. While carrots are cooking, cut chicken breasts in half, and remove skin. Cut meat from bone in one piece; then cut in very thin lengthwise strips.
5. About 10 minutes before carrots are done, add noodles. When carrots are done, add chicken, onions, and parsley.
6. Bring to boiling, cook 3 to 4 minutes, stirring occasionally.

MAKES 4 SERVINGS



McCALL'S MAGNIFIQUE (Pictured)

- | | |
|--|--|
| 1 loaf Italian bread (18 inches long) | 2 pkg (6-oz size) sliced olive loaf |
| 1/4 cup soft butter or margarine | 1 can (4 oz) pimientos, drained and halved |
| 1/2 lb sliced salami | 1/2 small cucumber, cut in thin slices |
| 1/4 lb sliced natural Swiss cheese | 1/8 lb fresh mushrooms, sliced (1/4 inch thick) lengthwise |
| 2 large tomatoes, thinly sliced | 4 or 5 lettuce leaves |
| 1/2 lb sliced capocollo or boiled ham | 2 tablespoons prepared mustard |
| 2 green peppers, sliced crosswise into rings | |

1. Halve bread lengthwise. Spread bottom half with butter.
2. On it, layer in order salami, Swiss cheese, tomatoes, capocollo, green peppers, and olive loaf.
3. Then make one more layer by alternating pimientos, cucumber slices, and mushrooms.

4. Cover with lettuce.
 5. Spread other half of bread with mustard; place on top.
 6. Tie ends with string. Cut crosswise into 6 sections.
- MAKES 6 LARGE SERVINGS

DENVERS

- | | |
|------------------------------------|--|
| 1/4 lb cooked ham, ground | 1/4 teaspoon celery seed |
| 2 tablespoons chopped green pepper | 3 eggs, beaten |
| 2 tablespoons chopped onion | 2 tablespoons butter or margarine |
| Dash salt | 4 packaged toaster corn muffins, toasted |
| 1/8 teaspoon pepper | |

1. In medium bowl, toss ham with green pepper, onion, salt, pepper, and celery seed. Add eggs; mix well.
2. Heat butter in large skillet. Use 1/3 cup ham-egg mixture for each sandwich. Cook until nicely



browned on underside; turn and brown on other side. Serve on corn muffins.

MAKES 4 SERVINGS

BROWN-DERBY SPECIALS

3 cups finely shredded cabbage	12 rye-bread slices
$\frac{2}{3}$ cup mayonnaise	Butter or margarine
3 tablespoons chili sauce	1 lb thinly sliced baked Virginia ham
1 tablespoon finely chopped onion	1 lb thinly sliced natural Swiss cheese
$\frac{1}{4}$ teaspoon salt	6 kosher-style dill pickles

1. Lightly toss cabbage, mayonnaise, chili sauce, onion, and salt.
2. Refrigerate until well chilled – 1 hour.
3. For each sandwich, lightly spread 2 slices bread with butter. On one slice, generously layer ham and cheese slices; then spread with some of cabbage mixture. Top with second bread slice.

4. Cut sandwich crosswise into thirds. Serve with a dill pickle.

MAKES 6 SANDWICHES

HERO SANDWICHES

2 loaves brown-and-serve French bread (about 8 inches long)	$\frac{1}{4}$ lb sliced boiled ham
$\frac{1}{4}$ teaspoon dried oregano leaves	1 tomato, thinly sliced
$\frac{1}{4}$ cup soft butter or margarine	$\frac{1}{4}$ lb sliced Swiss cheese
	Prepared mustard
	$\frac{1}{4}$ lb sliced pork roll
	Lettuce leaves
	Salt and pepper

1. Bake bread as package label directs.
 2. Meanwhile, blend oregano into butter.
 3. Cool loaves slightly; slice in half lengthwise. Spread with oregano butter.
 4. On bottom halves, arrange in order ham, tomato, and Swiss cheese. Spread cheese with mustard.
 5. Add pork and lettuce; sprinkle with salt and pepper. Top with upper halves of loaves.
- MAKES 2 SANDWICHES, OR 4 SERVINGS



HAMBURGERS WITH CHILI BEANS

Hamburgers	1/3 cup bottled tomato relish
1 lb ground chuck	1/4 cup hot catsup
3 tablespoons hot catsup	1/2 teaspoon chili powder
3 tablespoons finely chopped onion	4 hamburger buns, split
1/2 teaspoon salt	3 tablespoons butter or margarine, melted
1/4 teaspoon Worcestershire sauce	Dried thyme leaves
1/8 teaspoon pepper	
Chili Beans	
1 can (15 1/2 oz) kidney beans, drained	

1. **Make Hamburgers.** Toss all ingredients in medium bowl until well combined. Lightly shape into 4 patties about 1/2 inch thick.
 2. Broil hamburgers, 4 inches from heat, 5 minutes for medium rare. Turn; broil 5 minutes longer.
 3. **Meanwhile, make Chili Beans.** Combine all ingredients in medium saucepan; heat thoroughly.
 4. Brush buns with melted butter; sprinkle with thyme. Broil 30 seconds, or until golden.
 5. Place hamburgers in buns. Serve beans along with hamburgers.
- MAKES 4 SERVINGS



CORNEBEEF AND HOT SLAW ON RYE

Hot Slaw	1 teaspoon prepared horseradish, drained
1 1/2 cups shredded cabbage	Dash Worcestershire sauce
1/4 cup white vinegar	Dash salt
1/2 teaspoon caraway seed	
1/2 teaspoon salt	1/4 lb hot sliced corned beef
Dash pepper	4 seedless-rye-bread slices
Horseradish Sauce	
1/3 cup sour cream	

1. **Make Hot Slaw.** In medium skillet, combine cabbage, vinegar, caraway seed, salt, and pepper with 1/2 cup water.
 2. Bring to boiling; reduce heat and simmer, covered, 5 minutes; stir occasionally. Drain.
 3. **Meanwhile, make Horseradish Sauce.** In small bowl, combine sour cream with horseradish, Worcestershire, and salt; mix well.
 4. Place half of the corned beef on one bread slice, half on another. Top each with half of slaw and sauce, then bread slice.
- MAKES 2 SANDWICHES

FRANKFURTERS CON CARNE

1 tablespoon salad oil or melted shortening	1 teaspoon chili powder
1 1/3 cups finely chopped onion	1/2 teaspoon cumin seed
1/2 lb ground chuck	1 1/2 teaspoons light-brown sugar
1 can (8 oz) tomato sauce	6 frankfurters
1 teaspoon salt	6 buttered, split frankfurter rolls

1. Slowly heat oil in large skillet. Add onion, and sauté until tender – about 5 minutes.
 2. Add chuck to skillet; cook, stirring occasionally, until meat loses its red color.
 3. Add tomato sauce, salt, chili powder, cumin seed, and sugar. Mix well.
 4. Cook, uncovered, over low heat and stirring occasionally, 20 minutes, or until most of liquid is absorbed.
 5. Meanwhile, broil frankfurters, 4 inches from heat, 3 minutes; turn once.
 6. Place rolls, cut side up, on broiler rack; broil 30 seconds, or just until toasted.
 7. To serve, place a frankfurter inside each roll; top each with some of chili mixture.
- MAKES 6 SANDWICHES

GRILLED TUNA SANDWICHES

1 can (7 oz) tuna, drained and flaked	2 1/2 teaspoons lemon juice
1/4 cup stuffed olives, coarsely chopped	6 white-bread slices
1/4 cup chopped celery	1/4 cup soft butter or margarine
1/3 cup mayonnaise or cooked salad dressing	

1. Preheat griddle as manufacturer directs.
 2. In medium bowl, combine tuna with olives, celery, mayonnaise, and 1 teaspoon lemon juice, tossing until well mixed.
 3. Spread filling on 3 bread slices; top with rest of slices.
 4. In small bowl, gradually add remaining lemon juice to butter, mixing well. Spread on both sides of sandwiches.
 5. Grill sandwiches about 5 minutes, or until nicely browned on underside. Turn; grill about 5 minutes longer, or until they are browned on other side.
- MAKES 3 SANDWICHES

HOMEMADE PIZZA

1 cup warm water (105 to 115F)	1/4 teaspoon salt
1 pkg active dry yeast	4 cups sifted all-purpose flour
2 tablespoons shortening	Pizza Sauce, right
	2 teaspoons salad oil

1. If possible, check temperature of warm water with thermometer. Sprinkle yeast over water in large mixing bowl; stir until dissolved.
2. Add shortening, salt, and half the flour. Beat, with wooden spoon, until smooth – about 2 minutes.
3. Gradually add remaining flour, mixing with hand until dough is stiff enough to leave side of bowl.
4. Turn out dough onto lightly floured board. Cover with bowl; let rest 10 minutes. Knead 8 to 10 minutes, or until smooth and elastic.
5. Place in lightly greased medium bowl; turn dough, to bring up greased side. Cover with towel; let rise in warm place (85F), free from drafts, until double in bulk – about 1 hour. When two fingers poked into dough leave indentations, rising is sufficient. Meanwhile, make Pizza Sauce.
6. Punch down dough with fist; turn out onto lightly floured pastry cloth.
7. Preheat oven to 450F. Spread oil over bottoms of 2 (12-inch) pizza pans.
8. Knead dough 3 to 5 minutes. Divide in half; roll each into a 12-inch circle.
9. Fit each circle into prepared pan, pressing edges onto side of pan. Crimp. Spread with desired sauce, below. If desired, sprinkle with grated Mozzarella cheese.
10. Place pans on cookie sheets. Bake pizza 25 minutes, or until crust is golden-brown and filling is bubbly.

MAKES 2

PIZZA SAUCE

1 tablespoon salad oil	1 small bay leaf
1/4 cup coarsely chopped onion	1 teaspoon salt
1 can (1 lb, 3 oz) whole tomatoes	1 teaspoon sugar
1 can (8 oz) tomato sauce	1 teaspoon dried oregano leaves
	Dash pepper

1. Slowly heat oil in 2-quart saucepan. In it, sauté onion until golden.
2. Drain tomatoes, reserving liquid. Crush tomatoes with pastry blender or fork.
3. In saucepan, combine tomato pulp and reserved liquid with remaining ingredients; over medium heat, bring to boiling. Reduce heat, and simmer, stirring occasionally, 30 minutes. Remove bay leaf.

MAKES ABOUT 2 2/3 CUPS

Note: Use 1 1/3 cups sauce for each pizza.

VARIATIONS

Cheese: Arrange 1 lb Mozzarella cheese, sliced, over Pizza Sauce.

Sausage: Cut 1 lb sweet Italian sausage into 1/4-inch thick slices. Sauté over medium heat until well browned. Drain; arrange over Pizza Sauce. Cover with 1 lb Mozzarella cheese, sliced.

Mushroom: Drain 4 cans (3-oz size) sliced mushrooms. Arrange over Pizza Sauce. Cover with 1 lb Mozzarella cheese, sliced.

Onion: Slice 2 medium onions thinly; arrange over Pizza Sauce. Sprinkle with 1 cup grated Parmesan cheese.

Sausage with Green Pepper: Cut 1/2 lb sweet Italian sausage into 1/4-inch slices. Sauté over medium heat until well browned. Drain; arrange over Pizza Sauce. In same skillet, sauté 1 small green pepper, cut into strips, about 3 minutes. Sprinkle over Pizza Sauce. Cover with 1 lb Mozzarella cheese, sliced.

Anchovy: Drain 2-oz can anchovy fillets; arrange on Pizza Sauce. Cover with 1 lb Mozzarella cheese, sliced.

BAKED TUNA-CHEESE SANDWICHES

1/4 lb American cheese, cut into 1/2-inch cubes	2 tablespoons finely chopped stuffed olives
1 can (7 oz) tuna, drained and flaked	3 tablespoons sweet-pickle relish, drained
3 hard-cooked eggs, finely chopped	1/2 cup mayonnaise or cooked salad dressing
2 tablespoons finely chopped onion	10 frankfurter rolls, split
2 tablespoons finely chopped green pepper	

1. Preheat oven to 325F.
2. In medium bowl, combine all ingredients, except rolls; mix well.
3. Spoon into rolls. Wrap each in foil; place on cookie sheet; bake 25 minutes.
4. Serve hot, right in foil.

MAKES 10 SANDWICHES

SMOKED FISH AND EGG SALAD

2 canned smoked whitefish (about 4 oz), bones removed, chopped	2 tablespoons mayonnaise
3 hard-cooked eggs, chopped	4 slices pumpernickel
	2 tablespoons butter or margarine
	4 radishes, thinly sliced
	Dill or parsley sprigs

1. In small bowl, combine fish, eggs and mayonnaise; mix well. Refrigerate to chill well.
2. To serve: Spread bread with butter. Top each bread slice with fish mixture. Decorate with radish slices and dill.

MAKES 4 SANDWICHES

SPAGHETTI PRIMAVERA (Pictured)

1 pkg (1 lb) spaghetti	Sauce Alfredo
	1/2 cup butter or margarine
Vegetables	1 cup half-and-half
1 tablespoon butter or margarine	1 cup grated Parmesan cheese
2 tablespoons salad oil	1/4 teaspoon salt
1 clove garlic, split	Dash pepper
1 zucchini, sliced 1/4 inch thick	
1/2 lb broccoli, cut into 1 1/2-inch flowerets	2 tomatoes, peeled and chopped
1/2 red pepper, cut into 1/4-inch strips	
1/2 lb whole fresh snow pea pods, ends trimmed	

1. Start cooking spaghetti as package label directs.
 2. **Prepare Vegetables.** In 1 tablespoon hot butter and the oil in a large skillet, toss garlic, zucchini, broccoli and red pepper; stir-fry 5 minutes, or until vegetables are just crisp. Add pea pods; cook 1 minute. Cook vegetables, covered, 1 to 2 minutes. Do not overcook. Discard garlic.
 3. **Make Sauce Alfredo.** In medium saucepan, heat butter and half-and-half, to melt butter. Remove from heat. Add 3/4 cup cheese, the salt and pepper; mix well.
 4. Drain spaghetti; toss with Sauce Alfredo; turn out on heated serving platter. Place vegetables on top. Arrange tomato around edge. Sprinkle with remaining 1/4 cup Parmesan cheese. Toss at the table just before serving.
- MAKES 6 SERVINGS

SLICED EGG AND ANCHOVY

4 white-or rye-bread slices	4 hard-cooked eggs, sliced
2 tablespoons butter or margarine	Salt and pepper
2 large tomatoes, cut into 8 slices	1 can (2 oz) rolled anchovy fillets (8), drained
	Parsley sprigs

1. Spread bread with butter. For each sandwich, cut one tomato slice in half; arrange on each side of bread.
 2. Arrange three egg slices on each piece of tomato. In center of each sandwich, place a whole tomato slice; sprinkle egg and tomato slices lightly with salt and pepper. Top with an egg slice and two rolled anchovies. Decorate with parsley sprigs.
- MAKES 4 SANDWICHES

ENCHILADAS

1/3 cup olive or salad oil	1 1/2 teaspoons dried oregano leaves
2/3 cup finely chopped onion	6 canned tortillas
2 cans (10 1/2-oz size) tomato purée	1/2 lb sausage meat
1 1/2 teaspoons salt	3/4 cup grated Parmesan cheese
1/4 teaspoon pepper	

1. Preheat oven to 350F.
 2. In medium skillet, slowly heat 2 tablespoons olive oil. Add onion, and sauté until tender – about 5 minutes.
 3. Add tomato purée, salt, pepper, and oregano. Cook, stirring and over medium heat, 5 minutes. Remove from heat.
 4. In large skillet, slowly heat remaining olive oil. Dip tortillas in tomato sauce; then fry them in hot oil, 1 minute on each side, or until lightly browned.
 5. Remove tortillas from skillet; discard oil.
 6. In same skillet, cook sausage meat, stirring, until lightly browned. Remove with slotted spoon.
 7. Put about 2 tablespoons sausage meat and 1 tablespoon cheese in center of each tortilla; roll up. Arrange, seam side down, in ungreased, shallow 1 1/2-quart baking dish.
 8. Pour tomato sauce over all. Sprinkle with rest of cheese.
 9. Bake, uncovered, 20 minutes.
- MAKES 6 SERVINGS

SEAFOOD DELUXE

4 white bread slices	2 teaspoons prepared horseradish, drained
2 tablespoons lemon butter or margarine (see Note)	12 cooked shrimp, halved lengthwise
4 leaves Boston or iceberg lettuce	4 slices smoked salmon
1/4 cup heavy cream, whipped	Black caviar (lumpfish)
	Dill sprigs

1. Spread bread with lemon butter. Arrange a lettuce leaf on each slice.
 2. Combine whipped cream and horseradish; mix well.
 3. Arrange shrimp on each bread slice in a row. Roll up each salmon slice; place one at end of each row of shrimp.
 4. Decorate with horseradish-cream, caviar and dill.
- MAKES 4 SANDWICHES
- Note:* Melt butter or margarine slightly; stir in 1 tablespoon lemon juice; mix well.



DEVILED HAM

5 tablespoons butter or margarine, softened	4 thin rye bread slices
2½ tablespoons brown mustard	1 tablespoon chopped parsley
8 slices boiled ham, coarsely chopped	Finely chopped egg white from 2 hard- cooked eggs

Combine butter and mustard; add chopped ham and mix well. Spread liberally on bread. Sprinkle top of each with a little chopped parsley, then chopped egg white.

MAKES 4 SANDWICHES

LIVER PÂTÉ ON RYE

2 white-or rye-bread slices	¼ red pepper
2 tablespoons butter or margarine	Capers, drained (about 10)
1 can (4½ oz) liver pâté, chilled and cut into 10	Parsley sprigs

1. Spread bread with butter. Arrange 5 slices pâté on each bread slice.
2. Chop red pepper rather coarsely. Make a "flower" on each pâté slice, with a caper in center, surrounded by pieces of red pepper.
3. Place parsley sprigs in corners.

MAKES 2 SANDWICHES



SLICED EGG AND SARDINE

4 white-or rye-bread slices	Salt and pepper
2 tablespoons butter or margarine	1 can (3¼ oz) sardines in tomato sauce, drained
½ small cucumber, thinly sliced	Watercress or parsley
4 hard-cooked eggs, sliced	Mayonnaise

1. Spread bread with butter. Arrange cucumber slices and egg slices, alternately, to cover bread; sprinkle with salt and pepper.

2. Arrange three sardines in center of each. Decorate with watercress or parsley. Serve with mayonnaise.

MAKES 4 SANDWICHES

HERBED SMOKED SALMON

¼ cup butter or margarine	4 white, rye or pumper- nickel bread slices
1 tablespoon snipped dill	8 slices smoked salmon
1 tablespoon chopped parsley	4 thin slices lemon
1 tablespoon chopped chives	Fresh dill or parsley sprigs
Dash dried oregano leaves	

1. In small bowl, mix butter with snipped dill, parsley, chives and oregano. Use to spread on bread slices.

2. Fold salmon slices; place 2 on each slice of bread. Decorate with lemon slices and dill sprigs.

MAKES 4 SANDWICHES

CRABMEAT SALAD

4 white-or rye-bread slices	1 can (7½ oz) crabmeat, drained
2 tablespoons butter or margarine	¼ cup mayonnaise
4 leaves Boston or iceberg lettuce	¼ cup chopped celery
	1 lemon
	Watercress or parsley sprigs

1. Spread bread with butter. Arrange a lettuce leaf on each.

2. Remove any cartilage from crabmeat. Combine crabmeat with mayonnaise and celery; mix well. Chill well.

3. To serve: Mound crabmeat mixture on lettuce. Decorate each with 3 lemon slices, halved, and watercress.

MAKES 4 SANDWICHES

SLICED TONGUE WITH HORSERADISH

4 rye bread slices	¾ cup heavy cream, whipped
2 tablespoons butter or margarine	12 slices tongue
4 leaves Boston or iceberg lettuce	Chopped parsley
2 tablespoons prepared horseradish	

1. Spread bread with butter. Place a lettuce leaf on each slice.

2. Mix horseradish with whipped cream. Use to spread on 12 tongue slices — about 1 rounded tablespoon for each.

3. Roll up tongue (3 slices for each sandwich). Arrange on lettuce. Sprinkle with chopped parsley.

MAKES 4 SANDWICHES

WEIGHTS, MEASURES, AND COOKING TEMPERATURES

A HANDY METRIC CONVERSION TABLE

<i>To Change</i>	<i>Into</i>	<i>Multiply By</i>	<i>To Change</i>	<i>Into</i>	<i>Multiply By</i>
inches	centimeters	2.5	centimeters	inches	.4
ounces	grams	28	grams	ounces	.035
pounds	kilograms	.45	kilograms	pounds	2.2
teaspoons	milliliters	5	milliliters	teaspoons	.2
tablespoons	milliliters	15	milliliters	tablespoons	.067
fluid ounces	milliliters	30	milliliters	fluid ounces	.033
cups	liters	.24	liters	cups	4.2
pints	liters	.47	liters	pints	2.1
quarts	liters	.95	liters	quarts	1.06
gallons	liters	3.8	liters	gallons	.26

METRIC EQUIVALENTS FOR U.S. COOKING MEASURES

<i>U.S. Measure</i>	<i>Metric Equivalent</i>	<i>U.S. Measure</i>	<i>Metric Equivalent</i>
1/4 teaspoon =	1.25 milliliters	1 ounce =	28.35 grams
1/2 teaspoon =	2.5 milliliters	2 ounces =	56.7 grams
1 teaspoon =	5 milliliters	4 ounces =	113.4 grams
2 teaspoons =	10 milliliters	8 ounces =	226.8 grams
3 teaspoons =	15 milliliters	16 ounces =	453.59 grams
1 tablespoon =	15 milliliters	1/4 pound =	.11 kilogram
2 tablespoons =	30 milliliters	1/2 pound =	.23 kilogram
1 fluid ounce =	29.5 milliliters	3/4 pound =	.34 kilogram
2 fluid ounces =	59 milliliters	1 pound =	.45 kilogram
4 fluid ounces =	118 milliliters	2 pounds =	.90 kilogram
8 fluid ounces =	236 milliliters	4 pounds =	1.81 kilograms
16 fluid ounces =	472 milliliters	6 pounds =	2.72 kilograms
1 cup =	.24 liter	8 pounds =	3.62 kilograms
2 cups =	.47 liter	10 pounds =	4.54 kilograms

U.S. COOKING MEASURES	COOKING TEMPERATURES			OVEN TEMPERATURES			
	<i>Heat</i>	<i>Fahrenheit</i>	<i>Celsius</i>	<i>°F</i>	<i>°C</i>	<i>°F</i>	<i>°C</i>
3 teaspoons = 1 tablespoon	Very Slow	250-275	121-135	200	93	375	191
2 tablespoons = 1 fluid ounce	Slow	300-325	149-163	225	107	400	204
8 fluid ounces = 1 cup	Moderate	350-375	177-191	250	121	425	218
2 cups = 1 pint	Hot	400-425	204-218	275	135	450	232
2 pints = 1 quart	Very Hot	450-475	232-246	300	149	475	246
4 quarts = 1 gallon	Broil	500-525	260-274	325	163	500	260
16 ounces = 1 pound				350	177	525	274
12 inches = 1 foot							

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 tapioca, orange-date, 14
 Raggedy Ann, 14
 raspberry soup, 56
spongecake, low-calorie, 56

Egg(s)

à la king, 9
 with ham, 4
in a frame, 9
omelet, chicken liver, 38
scrambled in toast cups, 9
 Italian style, 4
shirred and broccoli, 52
Enchiladas, 62

Fish and Shellfish

bass with grilled tomato, broiled, 34
crabmeat salad, 64
curried, casserole, 55
florentine casserole, 53
flounder, fillet of, au gratin, 37
herbed smoked salmon, 64
scallops, Chinese style with
 vegetables, 53
seafood deluxe, 62
smoked, and egg salad, 61
tuna
 quick macaroni casserole, 23
 rolls, 26
 sandwiches, grilled, 60

Fruit kebabs, 13

Fruits

applesauce, spiced, 28
bananas with bacon, baked, 5
peaches with yogurt, 56
pear halves in rosé wine, 51
prunes, spiced, 3
rhubarb, stewed, 24

Ice cream(s), *see* Dessert(s)

Low-calorie meals, 46-56

Marshmallow favors, 18-21

Meat

Beef

corned beef
 and cabbage, 41
 and hot slaw on rye, 60
 frankfurters con carne, 60
hamburger(s)
 à la carte, 22
 peanutburgers, 12
 sloppy joes, 9
 toppings, 22
 with chili beans, 60
Meatball(s)
 -and-zucchini supper, 44

Romanoff, 44
spaghetti and, 30
Swedish, 31
meat loaf, company, 45
meat loaves, glazed, 42
New England boiled dinner, 34
roast-beef salad with horseradish
 dressing, 51
Swiss steak, braised, 42
Lamb
 and vegetable kebabs with wheat
 pilaf, 51
 chops, savory skillet, 29
 shanks, braised with vegetables, 54
Liver, broiled calves, low calorie, 50
Pork,
 bean pots, individual, 35
 butt, mustard-glazed, 35
 chops,
 honey, 37
 orange-glazed stuffed, 30
 with red cabbage, 36
Veal,
 scallopini with peppers, 53
 wiener schnitzel, 36
Milk shakes, *see* Beverages

Noodles, dilled, 31

Pancakes, *see* Breads

Pasta

artichoke stuffed with pasta salad, 52
dilled noodles, 31
fettucini, 51
quick tuna-macaroni casserole, 23
spaghetti and meatballs, 30
spaghetti primavera, 62
spinach spaghetti with ricotta and
 fresh tomato sauce, 51
Picnic-on-a-stick, 13
Pizza, homemade, 60
 sauce, 61
Pudding(s), *see* Dessert(s)

Rice pilaf, fruited, 32

Rolls, *see* Breads

Salad(s)

chef's salad bowl, 55
chicken-and-zucchini, low calorie, 50
fruit-and-sprout, with frozen-yogurt
 dressing, 53
fruit plate, 23
Jack-be-nimble, 13
kidney-bean, 23
mushroom, marinated, 33
Peter Rabbit, 13
roast-beef salad with horseradish
 dressing, 51
sunshine, 13
supper salad bowl, 55
wigwam, 13
zucchini-and-tomato, 30

Sandwich(es)

banana-strawberry, 12
brown-derby specials, 59
cheese
 deviled, 22
 grilled Cheddar, 24
corned beef and hot slaw on rye, 60
crabmeat salad, 64

Denvers, 58
deviled ham, 64
 and Swiss-cheese buns, 25
egg,
 deviled, 29
 salad rolls, 28
 sliced, and anchovy, 62
 sliced, and sardine, 64
fish, smoked and egg salad, 61
frankfurters con carne, 60
fruit-salad, 12
Hans Christian Andersen, the, 13
herbed smoked salmon, 64
hero, 59
liver pâté on rye, 64
McCall's magnifique, 58
orange-date nut, 26
peanut-butter
 -and-jelly foldovers, 12
 'n' bacon, 29
salmon, herbed smoked, 64
seafood deluxe, 62
tongue, sliced with horseradish, 64
tuna
 -cheese, baked, 61
 grilled, 60
 rolls, 26

Sandwich kebabs, 13

Sauce(s)

applesauce, spiced, 28
mustard, quick, 41
pizza, 61

Shellfish, *see* Fish and Shellfish

Soup(s)

beef borsch with sour cream, 55
black bean, 57
easy chicken, 57
gazpacho, low-calorie, 50
hamburger, 23
julienne vegetable with
 poached eggs, 52
Manhattan clam chowder, 57
New England clam chowder, 57
oxtail, 54
pea, blender, 28
raspberry dessert, 56
tomato with cheddar-cheese
 cubes, 28

Spaghetti

and meatballs, 30
green pasta with ricotta and fresh
 tomato sauce, 51
primavera, 62

Toast, *see* Bread(s)

Turkey cutlets in white wine, 54

Vegetable(s)

artichoke stuffed with pasta salad
 beans, baked Manhattan style, 44
 buttered green, 33
 carrots, nutmeg-buttered, 38
Potato(es),
 baked, 42
 mashed, 37
roll-ups, 12
squash, honey-spice acorn, 43

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